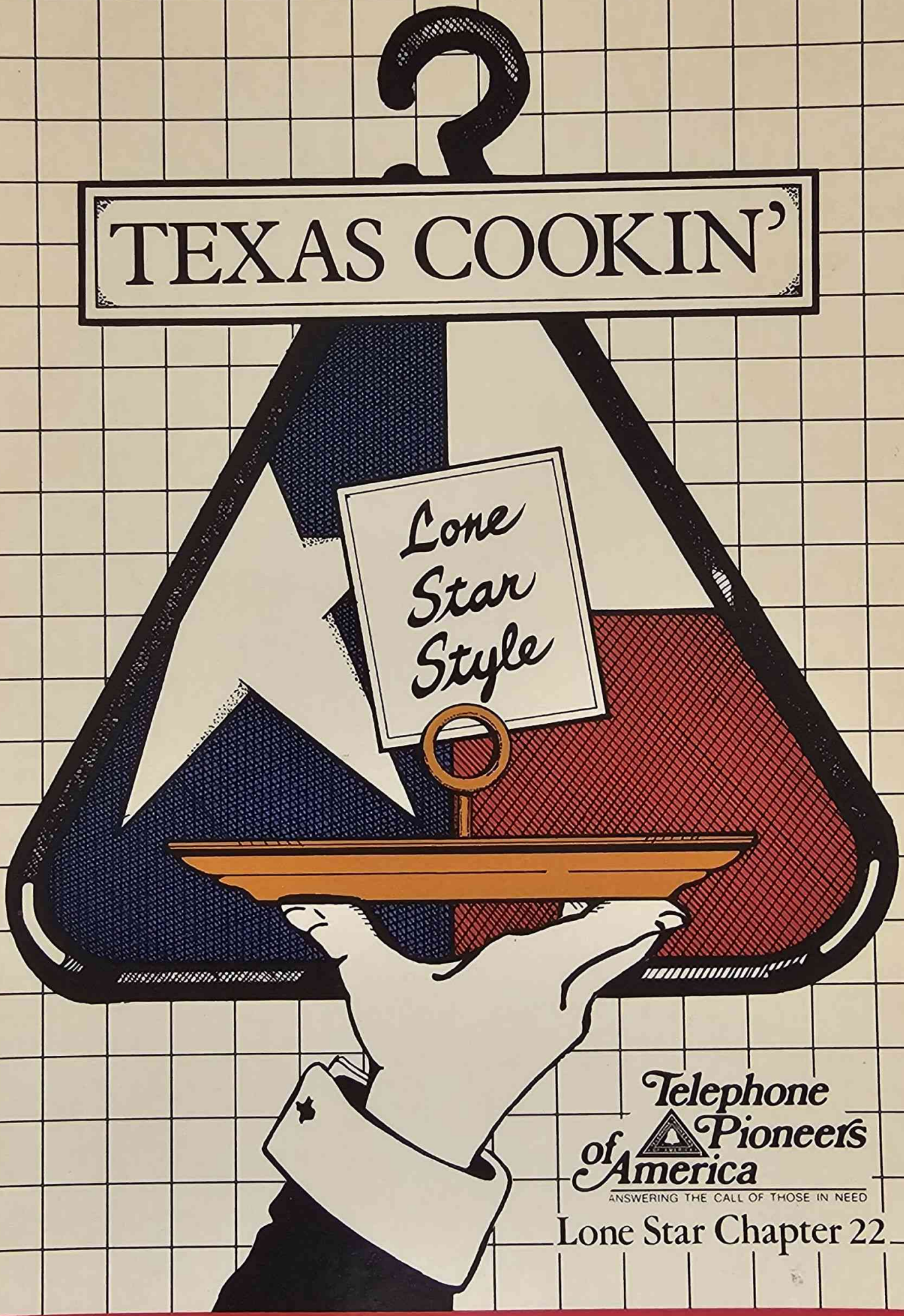
TEXAS COOKIN'



Telephone Pioneers of America

ANSWERING THE CALL OF THOSE IN NEED

Lone Star Chapter 22

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CREDITS

This cookbook is a collection of our favorite recipes which are not necessarily original recipes.

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☆ ☆

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LONE STAR CHAPTER
TELEPHONE PIONEERS OF AMERICA

☆ ☆

"Answering the Call of Those in Need"

The Telephone Pioneers of America, founded in November of 1891 with 439 members, is the world's largest voluntary association of industrial employees. It is composed of men and women in the United States and Canada who have served 15 or more years in the telephone industry. The first honorary Pioneer was Alexander Graham Bell, the inventor of the telephone, who devoted his life to teaching the hearing impaired.

Pioneers have three goals which are exemplified in the motto and emblem: Fellowship, Loyalty and Service. Fellowship provides the means for people who have shared many years in the telephone industry to renew friendships, preserve old memories and create new ones. Loyalty recognizes the countless contributions made by so many who have played a role in the industry's progress. Service is giving to each other and to those in need.

The LONE STAR CHAPTER #22 of northeast Texas began on June 5, 1923 with 41 members. By October of 1990, membership numbered 13,154, including Pioneers from Southwestern Bell, AT&T and Northern Telecom.

In 1990, LONE STAR PIONEERS donated over 453,000 volunteer hours to community service projects. Pioneers donated more than $126,000 dollars to charitable organizations and projects throughout northeast Texas.

A few of the community activities of Lone Star Pioneers:

- ☆ PIONEERS dress hundreds of dolls and stuff stockings for the Salvation Army for Christmas. Each week our members volunteer to bag groceries and serve meals for the Family Services department of the Salvation Army.
- ☆ PIONEERS have sponsored five handicapped teenagers, and their parents, to participate in the West Virginia International Sports Jamboree for the past eleven years.
- ☆ PIONEERS repair "Talking Books" for the Library of Congress and build and repair "Beep Easter Eggs" and "Beep Baseballs" for blind children so that they can participate in childhood activities.
- ☆ PIONEERS are involved in combating the nation's problem of drug abuse through the National Red Ribbon Campaign, as well as fighting illiteracy by volunteering as tutors in area literacy agencies.
- ☆ PIONEERS are concerned about the environment and are busy in the Texas "Adopt-A-Highway" program, cleaning area lakes and parks, and supporting the nation's recycling effort.
- ☆ PIONEERS support the Wichita Falls State Hospital, North Dallas Shared Ministries, Senior Olympics, Dallas Services for the Visually Impaired, Juvenile Diabetes Foundation, Truman W. Smith Little Pioneer House for Terminally Ill Children in Gladewater, Multiple Sclerosis, and much much more.

LONE STAR PIONEERS are busy "Answering the Call of Those in Need." We are proud of our organization and its longstanding tradition of providing service to those less fortunate. Of the $10 contributed for this cookbook, $5.00 will go directly to charitable use.

CONTENTS

- Nutritional Analysis Guidelines 6
- Breakfast (Etc.) of Champions 7
- Appetizers 45
- Beverages 69
- Soups 77
- Salads 85
- Meats 103
- Poultry and Seafood 129
- Vegetables and Side Dishes 159
- Breads 187
- Desserts 205
- Charts and More 271
  - Glossary of Cooking Techniques 272
  - Herbs 276
  - Spices 277
  - No-Salt Seasoning 278
  - Substitution Chart 279
  - Equivalent Chart 280
  - Index 282
  - Order Information 289

NUTRITIONAL ANALYSIS GUIDELINES

The editors have attempted to present these family recipes in a form that allows approximate nutritional values to be computed. Persons with dietary or health problems or whose diets require close monitoring should not rely solely on the nutritional information provided. They should consult their physicians or a registered dietitian for specific information.

Abbreviations for Nutritional Analysis

Cal — Calories	Dietary Fiber — Fiber	Sod — Sodium
Prot — Protein	T Fat — Total Fat	gr — gram
Carbo — Carbohydrates	Chol — Cholesterol	mg — milligrams

Nutritional information for these recipes is computed from information derived from many sources, including materials supplied by the United States Department of Agriculture, computer databanks and journals in which the information is assumed to be in the public domain. However, many specialty items, new products and processed foods may not be available from these sources or may vary from the average values used in these analyses. More information on new and/or specific products may be obtained by reading the nutrient labels. Unless otherwise specified, the nutritional analysis of these recipes is based on all measurements being level.

- Artificial sweeteners vary in use and strength so should be used "to taste," using the recipe ingredients as a guideline.
- Artificial sweeteners using aspertame (NutraSweet and Equal) should not be used as a sweetener in recipes involving prolonged heating which reduces the sweet taste. For further information on the use of these sweeteners, refer to package information.
- Alcoholic ingredients have been analyzed for the basic ingredients, although cooking causes the evaporation of alcohol thus decreasing caloric content.
- Buttermilk, sour cream and yogurt are the types available commercially.
- Cake mixes prepared using package directions include 3 eggs and 1/2 cup oil.
- Chicken, cooked for boning and chopping, has been roasted; this method yields the lowest caloric values.
- Cottage cheese is cream-style with 4.2% creaming mixture. Dry-curd cottage cheese has no creaming mixture.
- Eggs are all large.
- Flour is unsifted all-purpose flour.
- Garnishes, serving suggestions and other optional additions and variations are not included in the analysis.
- Margarine and butter are regular, not whipped or presoftened.
- Milk is whole milk, 3.5% butterfat. Lowfat milk is 1% butterfat. Evaporated milk is whole milk with 60% of the water removed.
- Oil is any type of vegetable oil. Shortening is hydrogenated vegetable shortening.
- Salt and other ingredients to taste as noted in the method have not been included in the nutritional analysis.
- If a choice of ingredients is listed, the nutritional analysis reflects the first option.

BREAKFAST (Etc.) OF CHAMPIONS

Deviled Ham Dip

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 178
Prot 8 g
Carbo 6 g
Fiber <1 g
T Fat 14 g
Chol 32 mg
Sod 656 mg

2 4½-ounce cans deviled ham
2 tablespoons minced onion
1 6-ounce jar pimento cheese spread
1 6-ounce jar jalapeño cheese spread
½ cup mayonnaise-type salad dressing

Combine deviled ham, onion, cheese spreads and salad dressing in bowl; mix well. Chill until serving time. Serve with crackers and chips.

June Thompson (Mrs. Sonny)

Zesty Shrimp Dip

Yield:
16 servings
Utensil:
small bowl
Approx Per Serving:
Cal 100
Prot 4 g
Carbo 1 g
Fiber <1 g
T Fat 9 g
Chol 43 mg
Sod 99 mg

8 ounces cream cheese, softened
⅓ cup mayonnaise
¼ cup finely chopped celery
¼ cup finely chopped green onions
3 or 4 drops of Tabasco sauce
1 teaspoon catsup
1 8-ounce can shrimp, drained

Combine cream cheese and mayonnaise in small bowl; mix until smooth. Add celery, green onions, Tabasco sauce and catsup; mix well. Stir in shrimp. Chill overnight.

Mary Frances Zaby

Spicy Pecans

Yield:
16 servings
Utensil:
glass bowl
Approx Per Serving:
Cal 295
Prot 2 g
Carbo 30 g
Fiber 2 g
T Fat 20 g
Chol 0 mg
Sod 201 mg

2 cups sugar
1/2 cup water
2 teaspoons cinnamon
1 teaspoon nutmeg
1/2 teaspoon (or less) cloves
1 1/2 teaspoons salt
4 cups pecans

Combine sugar, water, cinnamon, nutmeg, cloves and salt in deep 3-quart glass bowl; mix well. Microwave, covered with waxed paper, on High for 4 minutes; mix well. Microwave for 2 1/2 to 4 1/2 minutes or to 234 to 240 degrees on candy thermometer, soft-ball stage. Add pecans, stirring until well coated. Spread on waxed paper; separate with fork. Cool completely.

Manya Tubb (Mrs. Dennis)

Percolator Punch

TRY

Yield:
8 servings
Utensil:
percolator
Approx Per Serving:
Cal 131
Prot <1 g
Carbo 33 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 141 mg

1 tablespoon each whole allspice and cloves
3 sticks cinnamon, broken
1/2 cup packed brown sugar
1/2 teaspoon salt
2 1/2 cups pineapple juice
2 cups cranberry juice cocktail
1 3/4 cups water

Combine allspice, cloves, cinnamon, brown sugar and salt in basket of percolator. Combine pineapple juice, cranberry juice and water in percolator. Run through percolating cycle. Serve hot.

Nell Roebuck

Okra Gumbo

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 134
Prot 7 g
Carbo 29 g
Fiber 8 g
T Fat 2 g
Chol 0 mg
Sod 670 mg

1 pound fresh okra, trimmed
1 large onion, chopped
2 28-ounce cans stewed tomatoes
Onion powder to taste
Garlic powder to taste
1 tablespoon (or less) chili powder
Salt and pepper to taste

Sauté okra and onion in oiled nonstick skillet. Combine with tomatoes, onion powder, garlic powder, chili powder, salt and pepper in saucepan. Heat to serving temperature. May chill overnight and reheat. May substitute frozen cut okra for fresh if preferred.

Rolinda Lawrence (Mrs. Jon Dee)

Microwave Roux for Gumbo

Yield:
52 tablespoons
Utensil:
4-cup measure
Approx Per Serving:
Cal 32
Prot <1 g
Carbo 2 g
Fiber <1 g
T Fat 3 g
Chol 0 mg
Sod <1 mg

2/3 cup corn oil
2/3 cup flour
2 cups chopped onion

Blend oil and flour in 4-cup measure. Microwave on High for 6 minutes or until light brown; stir. Microwave for 30 seconds to 1 minute or until dark brown. Stir in onion. Microwave on High for 3 minutes. Add enough hot water to measure 4 cups; mix well. Use for gumbo.

Laura Carlisle (Mrs. William J.)

Cranberry Salad

Yield:
10 servings
Utensil:
dish
Approx Per Serving:
Cal 239
Prot 3 g
Carbo 42 g
Fiber 3 g
T Fat 8 g
Chol 0 mg
Sod 78 mg

1 16-ounce can whole cranberry sauce
1 8-ounce can crushed pineapple, drained
1 3-ounce package orange gelatin
1 3-ounce package cherry gelatin
1 cup finely chopped celery
2 large Delicious apples, peeled, finely chopped
1 cup finely chopped pecans

Combine cranberry sauce and pineapple in saucepan; mix well. Cook over low heat until bubbly, stirring constantly. Add gelatins, stirring until dissolved. Add celery, apple and pecans; mix well. Spoon into dish. Chill overnight. May store in refrigerator for several days.

Imogene Box

Country-Style Coleslaw

Yield:
16 servings
Utensil:
large bowl
Approx Per Serving:
Cal 119
Prot 1 g
Carbo 5 g
Fiber 1 g
T Fat 11 g
Chol 8 mg
Sod 284 mg

1 cup mayonnaise
3 tablespoons cider vinegar
3/4 teaspoon dry mustard
3 tablespoons sugar
1/4 teaspoon celery seed
1 1/2 teaspoons salt
5 cups shredded green cabbage
3 cups shredded red cabbage
1 cup chopped green bell pepper
1/4 cup sliced green onions

Combine mayonnaise, vinegar, dry mustard, sugar, celery seed and salt in large bowl; mix well. Add cabbage, green pepper and green onions; mix well. Chill, covered, for several hours.

Sue Sperry

Sunshine Salad

Yield:
12 servings
Utensil:
dish
Approx Per Serving:
Cal 296
Prot 4 g
Carbo 55 g
Fiber 1 g
T Fat 7 g
Chol 40 mg
Sod 118 mg

1 3-ounce package lemon gelatin
1 3-ounce package orange gelatin
2 cups boiling water
1½ cups cold water
1 20-ounce can crushed pineapple, drained
40 miniature marshmallows
2 bananas, sliced
2 tablespoons butter
2 tablespoons flour
1 cup pineapple juice
½ cup sugar
1 egg, beaten
1 cup whipped cream
½ cup shredded Cheddar cheese

Dissolve gelatins in boiling water in bowl. Stir in cold water. Chill until thickened. Add pineapple, marshmallows and bananas; mix well. Spoon into 8x8-inch dish. Chill until set. Melt butter in saucepan. Blend in flour. Add pineapple juice, sugar and egg; mix well. Cook until thickened, stirring constantly. Cool to room temperature. Fold in whipped cream gently. Spread over congealed layer. Sprinkle with cheese. May substitute whipped topping for whipped cream.

Jean Davidson (Mrs. Ghyrane)

TRY

Mexican Corn Bread Salad

Yield:
12 servings
Utensil:
serving bowl
Approx Per Serving:
Cal 254
Prot 4 g
Carbo 24 g
Fiber 1 g
T Fat 16 g
Chol 81 mg
Sod 477 mg

2 7-ounce packages Mexican-style corn bread mix
1 cup chopped green bell pepper
1 tomato, chopped
4 hard-boiled eggs, chopped
1 cup chopped celery
1 onion, chopped
2 cups mayonnaise-type salad dressing

Prepare and bake corn bread using package directions. Cool to room temperature. Crumble corn bread into serving bowl. Add green pepper, tomato, eggs, celery, onion and salad dressing; mix well. May add bacon bits if desired.

Jean Foster

KOREAN SALAD

Yield:
12 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 282
Prot 6 g
Carbo 17 g
Fiber 3 g
T Fat 22 g
Chol 57 mg
Sod 301 mg

1 12-ounce package fresh spinach
3 hard-boiled eggs, chopped
1 20-ounce can bean sprouts, drained
1 8-ounce can sliced water chestnuts, drained
1 16-ounce can bamboo shoots, drained
1 small onion, chopped
9 slices bacon, crisp-fried, crumbled
1/2 cup sugar
1 cup oil
1/4 cup vinegar
1/3 cup catsup
2 teaspoons (or less) Worcestershire sauce
1/2 teaspoon seasoned salt

Combine spinach, eggs, bean sprouts, water chestnuts, bamboo shoots, onion and bacon in salad bowl; mix well. Combine sugar, oil, vinegar, catsup, Worcestershire sauce and seasoned salt in small bowl; mix well. Add to salad; toss to mix well. Serve immediately. May store unused dressing in refrigerator.

Jean Foster

RICH AND CHARLIE'S SALAD

Yield:
8 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 179
Prot 4 g
Carbo 8 g
Fiber 2 g
T Fat 15 g
Chol 4 mg
Sod 123 mg

1 head Romaine lettuce, torn
1 head iceberg lettuce, torn
1 10-ounce can artichoke hearts, drained, chopped
1 10-ounce can hearts of palm, drained, chopped
1 large red onion, sliced into rings
1 4-ounce jar chopped pimento, drained
Salt and pepper to taste
1/2 cup Parmesan cheese
1/2 cup oil
1/3 cup vinegar

Combine lettuces, artichoke hearts, hearts of palm, onion, pimento, salt and pepper in salad bowl. Add Parmesan cheese; toss to mix well. Combine oil and vinegar in small bowl; mix well. Add to salad; toss to mix well.

Nutritional information does not include hearts of palm.

Lyndy Brunner (Mrs. Tom)

Creamy Garden Pasta Salad

Yield:
12 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 320
Prot 8g
Carbo 47 g
Fiber 4 g
T Fat 13 g
Chol 0 mg
Sod 110 mg

8 ounces uncooked spinach pasta
8 ounces uncooked fettucini
8 ounces uncooked rotini
1 teaspoon olive oil
1 cup cauliflowerets
1 cup broccoli flowerets
1 cup carrot sticks
1 cup sliced zucchini, cut into halves
1 Bermuda onion, sliced into rings
1 cup creamy Italian salad dressing
Seasoned pepper and garlic salt to taste

Cook pasta using package directions; drain. Toss with olive oil in large salad bowl. Blanch cauliflower in boiling water in saucepan for 2 minutes; drain. Chill in ice water in bowl; drain. Add cauliflower, broccoli, carrots, zucchini and onion to pasta; mix lightly. Combine salad dressing, seasoned pepper and garlic salt in small bowl; mix well. Add to salad; toss to mix well. Chill overnight.

Frank Locker

Barbecued Brisket

Yield:
20 servings
Utensil:
grill
Approx Per Serving:
Cal 500
Prot 43 g
Carbo 26 g
Fiber 1 g
T Fat 27 g
Chol 128 mg
Sod 205 mg

1 16-ounce bottle of Italian salad dressing
1 1-pound package brown sugar
2 1-ounce cans paprika
Garlic powder and seasoned salt to taste
1 teaspoon red pepper
Black pepper to taste
1 10-pound brisket

Combine salad dressing, brown sugar, paprika, garlic powder, seasoned salt, red pepper and black pepper in bowl; mix well. Rub into brisket. Wrap with heavy-duty foil. Place on grill or smoker preheated to 225 to 300 degrees. Cook for 5 to 6 hours. Remove foil; rub again with sauce. Cook at 200 to 225 degrees for 2 to 3 hours longer or until done to taste.

Nutritional information includes entire amount of sauce.

Bob Luney

ARROSTO FARCITO AGLI SPINACI (Stuffed Veal Roast)

Yield:
8 servings
Utensil:
roasting pan
Approx Per Serving:
Cal 406
Prot 54 g
Carbo 5 g
Fiber 2 g
T Fat 17 g
Chol 258 mg
Sod 388 mg

12 ounces fresh spinach
4 ounces lean ground beef
4 ounces ground pork
Chopped Italian parsley to taste
2 eggs
3/4 cup Parmesan cheese
Salt, pepper and nutmeg to taste
1 boned 3-pound breast of veal roast
1 tablespoon olive oil
2 stalks celery, chopped
1 medium carrot, chopped
1 small onion, chopped
3 cloves of garlic, crushed
Rosemary and sage to taste
2 tablespoons butter
1/2 cup dry white wine
6 tablespoons chicken broth
1/2 teaspoon cornstarch

Cook spinach in a small amount of water in saucepan until tender; drain and cool. Squeeze to remove moisture; chop finely. Combine with ground beef, ground pork and parsley in bowl; mix well. Add eggs, cheese, salt, pepper and nutmeg; mix well. Sprinkle veal with salt. Spread ground beef mixture evenly to within 1/2 inch of edges. Roll veal to enclose filling. Sew ends with thread; secure roll with cord. Brush with olive oil; place in roasting pan just large enough to hold roll. Sprinkle celery, carrot, onion, garlic, rosemary and sage around roast. Dot with butter. Roast at 400 degrees for 1 1/2 hours, turning roast 4 or 5 times and basting with wine. Remove roast to serving plate; discard cord and thread. Skim pan juices. Stir in mixture of chicken broth and cornstarch. Simmer until thickened, stirring constantly. Serve with roast.

Andrew M. Guarriello

Ground Beef Casserole with Corn Bread Topping

TRY

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 463
Prot 25 g
Carbo 55 g
Fiber 11 g
T Fat 18 g
Chol 91 mg
Sod 511 mg

1 pound ground beef
1 16-ounce can corn, drained
1 16-ounce can pinto beans
1 7-ounce package corn bread mix

Brown ground beef in saucepan, stirring until crumbly; drain. Stir in corn and beans. Spoon into baking dish. Prepare corn bread mix using package directions. Spread over ground beef mixture. Bake at 375 degrees for 35 minutes or until brown.

Virginia Gimble

Ground Beef and Rice Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 309
Prot 22 g
Carbo 34 g
Fiber 3 g
T Fat 9 g
Chol 60 mg
Sod 375 mg

1 20-ounce can tomatoes
1 pound ground chuck
1 cup uncooked rice
1 cup chopped green bell pepper
1 cup chopped onion
1 cup chopped celery
1 8-ounce can mushrooms, drained

Drain tomatoes, reserving juice. Combine ground chuck, rice, green pepper, onion, celery, mushrooms, tomatoes and half the tomato juice in bowl; mix well. Spoon into baking dish. Pour remaining tomato juice over top. Bake at 300 degrees for 2 hours.

Ray Cruson

BANKS OF THE BRAZOS CHILI

Yield:
10 servings
Utensil:
saucepan
Approx Per Serving:
Cal 347
Prot 28 g
Carbo 14 g
Fiber 5 g
T Fat 21 g
Chol 89 mg
Sod 1550 mg

3 pounds coarsely ground beef
1 medium onion, chopped
1 medium green bell pepper, chopped
1 small stalk celery, chopped
1 small clove of garlic, minced
1 14-ounce can whole tomatoes
1 8-ounce can tomato sauce
2 4-ounce cans chopped green chilies
1 teaspoon beef bouillon granules
2 teaspoons chicken bouillon granules
1 tablespoon onion powder
1 teaspoon garlic powder
2 tablespoons paprika
2 teaspoons garlic salt
1 teaspoon cayenne pepper
10 tablespoons chili powder
2 whole fresh jalapeño peppers
4 teaspoons cumin
½ teaspoon black pepper
1 teaspoon MSG
1 teaspoon oregano
2 teaspoons ground cilantro

Brown ground beef in large saucepan, stirring until crumbly; drain. Add onion, green pepper, celery, garlic, tomatoes, tomato sauce, green chilies, bouillon granules, onion powder, garlic powder, paprika, garlic salt, cayenne pepper and half the chili powder; mix well. Add enough water to cover. Pierce jalapeño peppers with fork; add to chili. Simmer, covered, for 1½ hours. Add cumin, black pepper, MSG, oregano, cilantro and remaining chili powder. Cook for 30 minutes longer. Remove jalapeño peppers, pressing juice into chili; discard peppers.

Fred Watts

Meat Loaf

Yield:
6 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 273
Prot 22 g
Carbo 10 g
Fiber 2 g
T Fat 16 g
Chol 136 mg
Sod 759 mg

1¼ pounds ground beef
1 onion, chopped
⅓ cup chopped green bell pepper
¾ cup bread crumbs
2 eggs, slightly beaten
1 tablespoon Worcestershire sauce
½ teaspoon salt
½ teaspoon pepper
2 8-ounce cans tomato sauce

Combine ground beef, onion, green pepper, bread crumbs, eggs, Worcestershire sauce, salt, pepper and 1 can tomato sauce in bowl; mix well. Pack into loaf pan. Top with remaining 1 can tomato sauce. Bake at 350 degrees for 40 minutes.

Dennis Smith

Meat Sauce

Yield:
6 servings
Utensil:
skillets
Approx Per Serving:
Cal 465
Prot 31 g
Carbo 33 g
Fiber 4 g
T Fat 24 g
Chol 99 mg
Sod 248 mg

2 pounds ground beef
1 large onion, chopped
2 cloves of garlic, chopped
1 tablespoon (rounded) shortening
2 6-ounce cans tomato paste
3 6-ounce cans water
1 16-ounce can whole tomatoes, chopped
½ cup sugar
2 teaspoons oregano
1 teaspoon thyme
1 tablespoon parsley flakes
3 bay leaves
Salt and pepper to taste

Brown ground beef in medium skillet, stirring until crumbly; drain. Sauté onion and garlic in shortening in large skillet until tender and brown; reduce heat. Stir in tomato paste. Simmer for 3 minutes. Add water, tomatoes, sugar, oregano, thyme, parsley flakes, bay leaves, salt, pepper and ground beef. Simmer for 2 to 2½ hours or until done to taste. Remove bay leaves. May add Italian sausage if desired.

Anne Blatherwick (Mrs. Gerald D.)

HOME ON THE RANGE

Yield:
12 servings
Utensil:
saucepan
Approx Per Serving:
Cal 226
Prot 9 g
Carbo 46 g
Fiber 6 g
T Fat 1 g
Chol 5 mg
Sod 509 mg

1 16-ounce package macaroni
3 16-ounce can tamales
1 16-ounce can stewed tomatoes
1 8-ounce can tomato sauce
2 16-ounce cans ranch-style beans
Salt and pepper to taste

Cook macaroni in 3-quart saucepan until nearly tender, using package directions; drain. Add tamales, tomatoes, tomato sauce and beans; mix gently. Simmer for 10 to 15 minutes. Season with salt and pepper.

Nutritional information does not include tamales.

Theresa Bellah

JOHN'S FAVORITE LASAGNA

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 516
Prot 20 g
Carbo 44 g
Fiber 1 g
T Fat 28 g
Chol 78 mg
Sod 412 mg

4½ tablespoons flour
6 tablespoons melted butter
3 cups milk
9 lasagna noodles, cooked
2¼ cups Bolognese Meat Sauce (see below)
⅔ cup Parmesan cheese

For white sauce (Béchamel), blend flour into butter in saucepan. Stir in milk. Cook until thickened, stirring constantly. Layer noodles, Bolognese Meat Sauce, white sauce and cheese ⅓ at a time in buttered 9x13-inch baking dish. Bake at 350 degrees for 10 minutes or until golden. Let stand for 5 minutes.

Bolognese Meat Sauce: Sauté 2 tablespoons chopped yellow onion in 3 tablespoons olive oil and 3 tablespoons butter in saucepan. Add 2 tablespoons chopped celery and 2 tablespoons chopped carrot. Cook for 2 minutes. Add 12 ounces lean ground beef and salt to taste. Cook until ground beef is brown; drain. Stir in 1 cup dry white wine. Cook over medium-high heat until wine evaporates, stirring constantly. Reduce heat to medium. Stir in ½ cup milk and ⅛ teaspoon nutmeg. Cook until milk evaporates. Add 2 cups canned Italian tomatoes. Simmer, uncovered, for 3½ to 4 hours.

Dalene Buhl (Mrs. John)

Savory Lasagna

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 488
Prot 31 g
Carbo 43 g
Fiber 4 g
T Fat 22 g
Chol 87 mg
Sod 1934 mg

1½ pounds ground beef
1 large onion, chopped
5 cloves of garlic, chopped
1 6-ounce can tomato paste
2 6-ounce cans water
1 8-ounce can tomato sauce
1 16-ounce can stewed tomatoes
¼ cup chopped celery
1 8-ounce can mushrooms
3 tablespoons Worcestershire sauce
¾ teaspoon chopped parsley
¾ teaspoon oregano
⅛ teaspoon cinnamon
⅛ teaspoon cloves
1 tablespoon soy sauce
¼ teaspoon thyme
¼ cup catsup
1 teaspoon dry mustard
1 12-ounce bottle of chili sauce
1 tablespoon vinegar
Chili powder to taste
1 teaspoon salt
½ teaspoon garlic salt
¼ teaspoon celery salt
6 lasagna noodles, cooked, drained
1 cup ricotta cheese
1 cup shredded mozzarella cheese
½ cup Parmesan cheese

Brown ground beef with onion and garlic in saucepan, stirring frequently; drain. Add tomato paste, water, tomato sauce, tomatoes, celery, mushrooms, Worcestershire sauce, parsley, oregano, cinnamon, cloves, soy sauce, thyme, catsup, dry mustard, chili sauce, vinegar, chili powder, salt, garlic salt and celery salt; mix well. Simmer for 1½ hours. Spoon several tablespoons meat sauce into 9x13-inch baking dish. Layer half the noodles, ricotta cheese, half the remaining meat sauce, remaining noodles, mozzarella cheese, remaining meat sauce and Parmesan cheese in prepared dish. Bake at 375 degrees until bubbly.

Sandy Allison (Mrs. Jerry)

Sausage Polenta

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 413
Prot 17 g
Carbo 32 g
Fiber 4 g
T Fat 24 g
Chol 65 mg
Sod 1315 mg

½ cup finely chopped onion
1 clove of garlic, minced
2 tablespoons oil
1 16-ounce can tomatoes
1 6-ounce can tomato paste
1 3-ounce can broiled sliced mushrooms
½ teaspoon oregano
1 teaspoon salt
Pepper to taste
1 7-ounce package corn muffin mix
½ cup Parmesan cheese
1 pound Italian sausage
½ cup shredded sharp process cheese

Sauté onion and garlic in oil in saucepan until tender but not brown. Add tomatoes, tomato paste, undrained mushrooms, oregano, salt and pepper; mix well. Simmer, uncovered, for 5 minutes. Prepare corn muffin mix using package directions and adding Parmesan cheese. Spread batter in greased 6x-10-inch baking dish. Remove casing from sausage and crumble into skillet. Cook until brown, stirring constantly; drain well. Spoon into prepared dish. Pour hot tomato mixture over top. Bake at 375 degrees for 25 minutes. Sprinkle with shredded cheese. Bake for 15 minutes longer.

Lyndy Brunner (Mrs. Tom)

Gloria's Chicken Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 511
Prot 20 g
Carbo 11 g
Fiber 2 g
T Fat 44 g
Chol 90 mg
Sod 401 mg

1 cup shredded longhorn cheese
1½ cups mayonnaise
2 tablespoons lemon juice
3 cups coarsely chopped cooked chicken
1 4-ounce jar chopped pimento
1 8-ounce can sliced water chestnuts, drained
1 cup sliced fresh mushrooms
1 cup chopped celery
1 3-ounce can French-fried onions

Combine cheese, mayonnaise and lemon juice in bowl; mix well. Add chicken, pimento, water chestnuts, mushrooms and celery; mix well. Spoon into greased 9x13-inch baking dish. Bake at 375 degrees for 10 minutes. Sprinkle with onions. Bake for 10 minutes longer.

Gloria Hall (Mrs. Bill)

Okoboji Chicken Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 557
Prot 22 g
Carbo 35 g
Fiber 2 g
T Fat 37 g
Chol 151 mg
Sod 660 mg

3 cups cooked rice
3 cups chopped cooked chicken
1 10-ounce can cream of chicken soup
1 cup chopped celery
1 tablespoon grated onion
1 tablespoon lemon juice
1 cup mayonnaise
3 hard-boiled eggs, chopped
1 8-ounce can sliced water chestnuts, drained
1 cup crushed cornflakes
1/2 cup sliced almonds
2 tablespoons melted butter

Layer rice and chicken evenly in 9x13-inch baking dish. Combine soup, celery, onion, lemon juice, mayonnaise, eggs and water chestnuts in large bowl; mix well. Spread over chicken. Combine cornflakes, almonds and butter in bowl; mix well. Sprinkle over casserole. Bake at 350 degrees for 40 minutes.

Emily Hill

Grilled Oriental Mustard Chicken

Yield:
4 servings
Utensil:
grill
Approx Per Serving:
Cal 257
Prot 34 g
Carbo 9 g
Fiber <1 g
T Fat 9 g
Chol 101 mg
Sod 1227 mg

2 pounds cut-up chicken
1/4 cup soy sauce
2 tablespoons prepared mustard
2 tablespoons brown sugar
2 tablespoons vinegar

Rinse chicken and pat dry. Combine with soy sauce in bowl. Marinate in refrigerator for 30 minutes or longer. Drain, reserving soy sauce. Combine soy sauce with mustard, brown sugar and vinegar in saucepan. Bring to a boil. Place chicken on grill; brush with sauce. Grill until done to taste, basting with sauce.

John R. Wood

Mexican-Style Chicken Roll-Ups

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 235
Prot 33 g
Carbo 12 g
Fiber 2 g
T Fat 6 g
Chol 79 mg
Sod 371 mg

8 chicken breast filets
4 canned whole green chilies, cut into halves, seeded
3 ounces Monterey Jack cheese, cut into 8 strips
3/4 cup fine dry bread crumbs
1 tablespoon chili powder
1 1/2 teaspoons cumin
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 cup skim milk
4 cups shredded lettuce
1/2 cup picante sauce
1/4 cup plain low-fat yogurt

Rinse chicken and pat dry. Pound to 1/4-inch thickness between sheets of waxed paper. Place 1 green chili half and 1 strip cheese in center of each chicken breast half. Roll to enclose filling, tucking edges under; secure with wooden picks. Combine bread crumbs, chili powder, cumin, garlic powder and salt in bowl; mix well. Dip chicken rolls in milk; roll in bread crumb mixture, coating well. Arrange in 8x12-inch baking dish sprayed with nonstick cooking spray. Bake at 400 degrees for 30 minutes or until tender. Place each chicken roll on bed of shredded lettuce. Top with picante sauce and yogurt. Serve immediately.

Lucy Roth (Mrs. Paul)

Swedish Chicken Breasts Supreme

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 260
Prot 32 g
Carbo 4 g
Fiber <1 g
T Fat 12 g
Chol 98 mg
Sod 754 mg

1 2 1/2-ounce jar sliced dried beef
8 chicken breast filets
4 slices bacon, cut into halves
8 ounces sour cream
1 10-ounce can cream of mushroom soup
1 tablespoon Worcestershire sauce
Paprika to taste

Place dried beef slices in buttered 9x13-inch baking dish. Rinse chicken and pat dry. Wrap each filet with 1/2 slice bacon. Arrange in prepared dish. Combine sour cream, soup and Worcestershire sauce in bowl; mix well. Spoon over chicken. Sprinkle with paprika. Bake, covered, at 300 degrees for 2 1/2 to 3 hours. Bake, uncovered, for 30 minutes longer.

Sandy Grimes (Mrs. David)

Fish Filets with Tomato Sauce

Yield:
4 servings
Utensil:
skillet
Approx Per Serving:
Cal 335
Prot 38 g
Carbo 12 g
Fiber 2 g
T Fat 14 g
Chol 86 mg
Sod 610 mg

1½ pounds orange roughy filets
2 tablespoons oil
2 cloves of garlic, minced
½ cup chopped green bell pepper
½ cup chopped onion
1 14-ounce can tomatoes
1 8-ounce can tomato sauce
3 tablespoons white wine
½ teaspoon each sugar, thyme and marjoram
¼ teaspoon pepper

Sauté fish in oil in skillet for 2 to 3 minutes on each side. Remove to plate. Add garlic, green pepper and onion to skillet. Sauté until tender. Stir in tomatoes, tomato sauce, wine, sugar, thyme, marjoram and pepper. Simmer for 5 minutes. Add fish. Cook until heated through.

Pat Parker

Shrimp Creole

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 152
Prot 20 g
Carbo 10 g
Fiber 2 g
T Fat 4 g
Chol 138 mg
Sod 309 mg

1 tablespoon (heaping) flour
1 tablespoon (rounded) shortening
2 onions, chopped
2 cloves of garlic, chopped
1 large green bell pepper, chopped
2 teaspoons finely chopped parsley
1 28-ounce can tomatoes
¼ teaspoon thyme
⅛ teaspoon red pepper
2 bay leaves
⅓ teaspoon celery seed
Salt to taste
2 pounds peeled shrimp
2 teaspoons Worcestershire sauce

Blend flour into melted shortening in heavy saucepan. Add onions, garlic, green pepper and parsley. Cook until light brown, stirring constantly. Stir in tomatoes, thyme, red pepper, bay leaves, celery seed and salt. Add shrimp. Cook, covered, for 30 minutes. Stir in Worcestershire sauce. Cook for 30 minutes longer. Remove bay leaves. Serve over rice.

Barbara Alexander (Mrs. Wayne)

Shrimp Victoria

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 429
Prot 23 g
Carbo 27 g
Fiber 2 g
T Fat 25 g
Chol 163 mg
Sod 613 mg

1 pound shrimp, peeled
1/2 cup finely chopped onion
1/4 cup margarine
1 6-ounce can mushrooms
1 tablespoon flour
1/4 teaspoon salt
Cayenne pepper to taste
1 cup sour cream
1 1/2 cups cooked rice

Sauté shrimp and onion in margarine in saucepan for 5 to 10 minutes or until tender. Add mushrooms. Cook for 5 minutes. Sprinkle with flour, salt and cayenne pepper; mix well. Stir in sour cream. Cook over low heat for 10 minutes; do not boil. Spoon over rice.

Joan Powers (Mrs. Bob)

Fireside Beans

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 273
Prot 20 g
Carbo 39 g
Fiber 2 g
T Fat 4 g
Chol 18 mg
Sod 2129 mg

1 pound pinto beans
4 slices bacon
8 ounces ham, chopped
1/2 cup chopped onion
1/2 teaspoon garlic powder
1/4 cup chili powder
1 1/2 teaspoons pepper
3 tablespoons Worcestershire sauce
1/4 cup mild picante sauce
2 tablespoons salt
1/2 12-ounce can beer

Soak beans in water to cover in saucepan. Add bacon. Bring to a boil. Cook for 30 minutes. Add ham, onion, garlic powder, chili powder and pepper. Simmer for 2 hours. Add Worcestershire sauce, picante sauce and salt. Simmer for 1 hour. Stir in beer. Simmer for 30 minutes or until beans are tender. Cool to room temperature. Chill in refrigerator. Reheat to serve. Serve with fried potatoes and smoked sausage or fish. May substitute white beans for pinto beans if preferred.

Rick Nichols

Creamy Broccoli and Rice

Yield:
4 servings
Utensil:
glass dish
Approx Per Serving:
Cal 166
Prot 10 g
Carbo 12 g
Fiber 2 g
T Fat 9 g
Chol 22 mg
Sod 114 mg

1/4 cup quick-cooking rice
1/4 cup water
1 10-ounce package frozen chopped broccoli
1/4 cup chopped onion
1 tablespoon margarine
1 teaspoon flour
1/2 teaspoon finely grated lemon rind
1/8 teaspoon pepper
1/3 cup milk
3/4 cup shredded Swiss cheese

Combine rice and water in 1-quart glass dish. Place broccoli over rice mixture. Microwave using broccoli package directions. Let stand, covered, for several minutes. Microwave onion in margarine in 2-cup glass measure on High for 1 to 2 minutes or until tender. Stir in flour, lemon rind and pepper. Add milk; mix well. Microwave, uncovered, on High for 1 to 2 minutes or until thickened, stirring every 30 seconds. Add cheese; mix until melted. Drain broccoli and rice mixture. Add cheese sauce; mix well. Microwave on High for 1 to 2 minutes or until heated through. Garnish with pecans if desired. May substitute American cheese for Swiss cheese.

Neta Adams

Cheesy Corn Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 347
Prot 8 g
Carbo 31 g
Fiber 2 g
T Fat 23 g
Chol 73 mg
Sod 627 mg

1 7-ounce package corn bread mix
1 16-ounce can whole kernel corn
1 16-ounce can cream-style corn
1/2 cup melted margarine
2 eggs
1 cup sour cream
1/2 cup shredded Cheddar cheese

Combine corn bread mix, undrained whole kernel corn, cream-style corn, margarine, eggs and sour cream in bowl; mix well. Spoon into 2-quart baking dish. Bake at 350 degrees for 45 minutes. Sprinkle with cheese. Bake for 10 minutes longer. May be reheated on second day.

Mary Mollins

Corn Casserole

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 214
Prot 4 g
Carbo 33 g
Fiber 3 g
T Fat 9 g
Chol 69 mg
Sod 513 mg

1 16-ounce can cream-style corn
1/2 7-ounce package corn muffin mix
1 egg, beaten
1 tablespoon sugar
2 tablespoons butter

Combine corn and corn muffin mix in bowl; mix well. Add egg and sugar; mix well. Spoon into greased baking dish. Bake at 325 degrees for 45 minutes. Dot with butter. Bake until top is brown and knife inserted near center comes out clean.

Nellie Allen

Spanish Hominy

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 272
Prot 13 g
Carbo 26 g
Fiber 3 g
T Fat 14 g
Chol 40 mg
Sod 902 mg

1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
2 cloves of garlic, crushed
1 16-ounce can yellow hominy, drained
1 16-ounce can white hominy, drained
2 tablespoons chili powder
1/2 teaspoon salt
1 tablespoon coarsely ground pepper
1/4 cup Ro-Tel tomatoes with chilies
1/2 6-ounce can tomato paste
1 6-ounce can water
2 cups shredded Cheddar cheese

Sauté onion, green pepper, red pepper and garlic in non-stick skillet sprayed with cooking spray. Add hominy, chili powder, salt and pepper. Cook until heated through. Stir in tomatoes with chilies, tomato paste and water. Simmer, covered, for 15 to 20 minutes. Spoon into baking dish. Top with cheese. Bake at 350 degrees until casserole is bubbly and cheese melts. May sauté onion in 3 tablespoons bacon drippings, if preferred.

Rolinda Lawrence (Mrs. Jon Dee)

French Epicurean Peas

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 334
Prot 11 g
Carbo 25 g
Fiber 8 g
T Fat 22 g
Chol 72 mg
Sod 613 mg

8 slices bacon
1 medium onion, chopped
2 tablespoons flour
2 20-ounce cans peas, drained
2 cups light cream
1 12-ounce jar chopped mushrooms, drained

Chop bacon into 1-inch pieces. Fry bacon in saucepan until translucent. Add onion. Sauté until tender. Stir in flour. Add peas and cream. Cook until thickened, stirring occasionally. Add mushrooms. Cook until heated through. May substitute evaporated milk for light cream.

Judy Adams (Mrs. Jim)

Butternut Squash Casserole

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 198
Prot 4 g
Carbo 20 g
Fiber 3 g
T Fat 15 g
Chol 14 mg
Sod 421 mg

2½ pounds butternut squash, peeled, chopped
Salt to taste
1 10-ounce can cream of chicken soup
1 cup sour cream
1 medium onion, finely chopped
½ cup melted margarine
1½ cups corn bread stuffing mix

Cook squash in water to cover in saucepan until tender, adding salt to taste; drain. Combine with soup, sour cream and onion in large bowl; mix well. Mix margarine and stuffing mix in small bowl. Layer squash mixture and stuffing ½ at a time in large baking dish. Bake at 350 degrees for 30 to 40 minutes or until brown.

Susie Rives

CHOWCHOW

Yield:
100 servings
Utensil:
stockpot
Approx Per Serving:
Cal 46
Prot 1 g
Carbo 12 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 520 mg

16 pounds green tomatoes
2 quarts chopped onions
3 quarts chopped cabbage
6 large bell peppers
4 cups vinegar
3 cups sugar
2 teaspoons allspice
2 teaspoons cinnamon
2 teaspoons cloves
1/2 cup salt

Grind tomatoes, onions, cabbage and peppers together. Combine with vinegar, sugar, allspice, cinnamon, cloves and salt in stockpot; mix well. Cook for 25 minutes. Ladle into 7 sterilized 1-quart jars, leaving 1/2 inch headspace; seal with 2-piece lids. Process in boiling water bath for 10 minutes. For hot Chowchow, add hot peppers to taste, increase vinegar by 1 cup and decrease sugar by 1 1/2 cups.

Millie Davis

HEALTHY BANANA-NUT BREAD

Yield:
12 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 289
Prot 5 g
Carbo 36 g
Fiber 4 g
T Fat 16 g
Chol 0 mg
Sod 79 mg

3/4 cup sugar
1/2 cup oil
2 egg substitutes
3 bananas, mashed
1 teaspoon soda
1/2 cup oat bran
1/4 cup wheat bran
1 1/2 cups whole wheat flour
1 cup chopped pecans
2 tablespoons raisins

Combine sugar, oil, egg substitutes and bananas in mixer bowl; mix until smooth. Sift in soda. Add oat bran, wheat bran and flour; mix well. Stir in pecans and raisins. Spoon into loaf pan sprayed with nonstick cooking spray. Bake at 350 degrees for 1 hour or until toothpick inserted in center comes out clean. Remove to wire rack to cool.

Leon Oliver

Pike's Peak Spiked Apple Crisp

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 304
Prot 1 g
Carbo 47 g
Fiber 2 g
T Fat 12 g
Chol 31 mg
Sod 168 mg

5 cups sliced peeled apples
1/2 teaspoon cinnamon-sugar
1 teaspoon each grated lemon and orange rinds
1 ounce Grand Marnier
1 ounce Amaretto
3/4 cup sugar
1/4 cup packed brown sugar
3/4 cup sifted flour
1/2 cup butter
1/4 teaspoon salt

Arrange apple slices in greased round 2-quart baking dish. Sprinkle with cinnamon-sugar, rinds and liqueurs. Combine sugar, brown sugar, flour, butter and salt in bowl; mix well with pastry blender. Spread over apples. Bake at 350 degrees for 1 hour or until apples are tender and top is brown. Serve warm with whipped cream.

Linda Boerger (Mrs. Dick)

Abby's Cheesecake

Yield:
16 servings
Utensil:
springform pan
Approx Per Serving:
Cal 422
Prot 7 g
Carbo 35 g
Fiber 1 g
T Fat 29 g
Chol 128 mg
Sod 287 mg

1/2 cup butter
1/3 cup confectioners' sugar
1 1/2 cups graham cracker crumbs
24 ounces cream cheese, softened
1 cup sugar
1 teaspoon vanilla extract
4 eggs
2 cups sour cream
1 21-ounce can cherry pie filling

Combine butter with confectioners' sugar and cracker crumbs in bowl; mix well. Press over bottom of springform pan. Beat cream cheese and sugar in mixer bowl until light and fluffy. Add vanilla and eggs; mix well. Spoon into prepared pan. Bake at 350 degrees for 50 minutes or until set. Spread with sour cream. Bake for 5 minutes longer. Cool to room temperature. Top with pie filling. Chill overnight. Place on serving plate; remove side of pan. May top with blueberry or strawberry pie filling if preferred.

Manya Tubb (Mrs. Dennis)

Cream Puffs

Yield:
12 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 65
Prot 2 g
Carbo 4 g
Fiber <1 g
T Fat 5 g
Chol 46 mg
Sod 66 mg

1/4 cup butter
1/2 cup boiling water
1/8 teaspoon salt
1/2 cup sifted flour
2 eggs

Bring butter, water and salt to a boil in saucepan. Stir in flour all at once. Cook over low heat until mixture forms a ball, stirring constantly; remove from heat. Beat for 2 minutes. Beat in eggs 1 at a time. Drop 2 inches apart onto greased baking sheet. Bake at 350 degrees until brown and puffed. Cut 1 or 2 slits in sides of each cream puff; remove to wire rack to cool. Fill as desired with pudding, chicken salad, ham salad or tuna salad.

Jimmie Baker

Kahlua Soufflé

Yield:
8 servings
Utensil:
soufflé dish
Approx Per Serving:
Cal 101
Prot 4 g
Carbo 15 g
Fiber 1 g
T Fat 3 g
Chol 80 mg
Sod 41 mg

1/4 cup sugar
1/4 cup baking cocoa
1 tablespoon cornstarch
3/4 cup skim milk
2 tablespoons Kahlua
3 egg yolks, beaten
4 egg whites, at room temperature
1/4 teaspoon cream of tartar
2 tablespoons sugar

Fit top of soufflé dish with foil collar, allowing collar to extend 4 inches above side of dish; secure with string or tape. Spray dish and collar with nonstick cooking spray. Mix 1/4 cup sugar, cocoa and cornstarch in double boiler. Stir in milk and Kahlua gradually. Cook over gently boiling water until slightly thickened, stirring constantly. Stir 1/4 of the hot mixture into egg yolks; stir eggs yolks into hot mixture. Cook for 10 minutes over boiling water, stirring constantly with wire whisk until thickened. Cool to room temperature. Beat egg whites with cream of tartar until soft peaks form. Add 2 tablespoons sugar gradually, beating until stiff peaks form and sugar dissolves. Fold gently into Kahlua mixture. Spoon into prepared dish. Place soufflé dish in 9x13-inch baking dish with 1/2 inch hot water. Bake at 350 degrees for 50 minutes or until puffed and set. Remove foil collar; serve immediately.

Lucy Roth (Mrs. Paul)

Swedish Cream for Berries

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 460
Prot 4 g
Carbo 29 g
Fiber 0 g
T Fat 38 g
Chol 120 mg
Sod 91 mg

1 envelope unflavored gelatin
1/4 cup cold water
2 1/3 cups whipping cream
1 cup sugar
2 cups sour cream
1 teaspoon vanilla extract

Soften gelatin in cold water in saucepan for 5 minutes. Add whipping cream and sugar. Cook over low heat for 10 minutes or until smooth, stirring constantly. Chill until slightly thickened. Fold in sour cream and vanilla. Spoon into dessert glasses. Chill for 1 hour or until thickened. Serve with sweetened berries and plain cookies.

Judy Showalter (Mrs. Jay)

Milky Way Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 678
Prot 7 g
Carbo 97 g
Fiber 1 g
T Fat 31 g
Chol 62 mg
Sod 330 mg

6 1 1/2-ounce Milky Way candy bars
1/2 cup margarine
2 cups sugar
1/2 cup margarine, softened
4 eggs
2 1/2 cups flour
1/2 teaspoon soda
1 1/4 cups buttermilk
1 cup chopped pecans
1 3/4 cups sugar
1 cup evaporated milk
1/2 cup margarine
1 cup marshmallow creme
1 cup semisweet chocolate chips

Melt candy bars with 1/2 cup margarine in saucepan; mix well. Cream 2 cups sugar and 1/2 cup softened margarine in mixer bowl until light and fluffy. Beat in eggs. Add flour alternately with mixture of soda and buttermilk, mixing well after each addition. Stir in melted candy and pecans. Spoon into greased and floured tube pan. Bake at 325 degrees for 1 hour and 10 minutes or until cake tests done. Combine 1 3/4 cups sugar and evaporated milk in saucepan. Cook to 234 to 240 degrees on candy thermometer, soft-ball stage. Add 1/2 cup margarine, marshmallow creme and chocolate chips; mix well. Cool to room temperature. Spread over cake.

Shirley Ayers (Mrs. Ed)

Inside-Out Chocolate Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 355
Prot 4 g
Carbo 45 g
Fiber 1 g
T Fat 19 g
Chol 60 mg
Sod 260 mg

1 2-layer package sour cream chocolate or devil's food cake mix
1 cup sour cream
1/2 cup warm water
1/3 cup oil
1 4-ounce package chocolate instant pudding mix
4 eggs
1 teaspoon vanilla extract
2 cups chocolate chips

Combine cake mix, sour cream, water, oil, pudding mix, eggs and vanilla in mixer bowl; mix well. Fold in chocolate chips. Spoon into greased bundt pan. Bake at 350 degrees for 50 minutes to 1 hour or until cake tests done. Cool in pan for 15 to 20 minutes. Remove to wire rack to cool completely. Garnish with confectioners' sugar.

Donna Flynn (Mrs. Mike)

Coconut Cream Cake

Yield:
16 servings
Utensil:
3 cake pans
Approx Per Serving:
Cal 644
Prot 6 g
Carbo 85 g
Fiber 2 g
T Fat 35 g
Chol 86 mg
Sod 284 mg

1/2 cup shortening
1/2 cup margarine, softened
2 cups sugar
5 egg yolks
2 cups flour
1 cup buttermilk
1 teaspoon soda
5 egg whites
1 teaspoon vanilla extract
1 2/3 cups coconut
1/2 cup margarine, softened
8 ounces cream cheese, softened
1 1-pound package confectioners' sugar
1 teaspoon vanilla extract
1 cup coconut
1 cup chopped pecans

Cream first 3 ingredients in mixer bowl until light and fluffy. Beat in egg yolks. Add flour alternately with mixture of buttermilk and soda, mixing well after each addition. Beat egg whites in mixer bowl until stiff peaks form. Add 1 teaspoon vanilla. Fold gently into batter. Fold in 1 2/3 cups coconut. Spoon into 3 greased and floured 8 or 9-inch cake pans. Bake at 350 degrees for 30 minutes. Remove to wire rack to cool. Cream 1/2 cup margarine and cream cheese in mixer bowl until light. Add confectioners' sugar and 1 teaspoon vanilla; mix well. Fold in 1 cup coconut and pecans. Spread between layers and over top and side of cake. Garnish with additional coconut.

Bobbie Males (Mrs. Emmett)

Mamma's Rum Cake

Yield:
12 servings
Utensil:
double boiler
Approx Per Serving:
Cal 339
Prot 7 g
Carbo 43 g
Fiber <1 g
T Fat 13 g
Chol 271 mg
Sod 222 mg

6 egg yolks
5 tablespoons sugar
3/4 cup Marsala
1/4 teaspoon vanilla extract
1/4 teaspoon grated lemon rind
1 8-inch sponge cake
1/3 cup rum
1 cup whipping cream

Beat egg yolks and sugar in double boiler until thick and lemon-colored. Place over hot water. Add wine gradually, beating constantly. Cook until consistency of heavy cream, beating constantly; do not boil. Remove from heat. Fold in vanilla and lemon rind. Split cake into 3 horizontal layers. Place bottom layer on cake plate. Brush with half the rum; spread with half the custard. Repeat with second layer; top with remaining layer. Chill until serving time. Whip cream in mixer bowl until soft peaks form. Spread over top and side of cake.

Andrew M. Guarriello

Bohemian Spice Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 670
Prot 6 g
Carbo 82 g
Fiber 2 g
T Fat 37 g
Chol 43 mg
Sod 307 mg

2 1/2 cups flour
1 cup sugar
1 cup packed brown sugar
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon salt
2 eggs
1 cup oil
1 cup buttermilk
1 teaspoon vanilla extract
1 cup coconut
1 cup chopped pecans
1/4 cup margarine, softened
8 ounces cream cheese, softened
1 1-pound package confectioners' sugar
2 teaspoons vanilla extract
1 1/2 cups chopped pecans

Mix flour, sugar, brown sugar, soda, cinnamon, nutmeg and salt in mixer bowl. Add eggs, oil, buttermilk and 1 teaspoon vanilla; mix well. Fold in coconut and 1 cup pecans. Spoon into greased and floured bundt pan. Bake at 350 degrees for 45 minutes or until cake tests done. Remove to wire rack to cool. Cream margarine and cream cheese in mixer bowl until light. Add confectioners' sugar, 2 teaspoons vanilla and 1 1/2 cups pecans; mix well. Spread over cake. May bake in tube pan or layer cake pans.

Winnie Bardwell

Sherry Spice Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 582
Prot 4 g
Carbo 117 g
Fiber 1 g
T Fat 10 g
Chol 53 mg
Sod 252 mg

1 2-layer package yellow cake mix
1 4-ounce package vanilla instant pudding mix
1/4 cup oil
1 cup Sherry
4 eggs
3/4 cup sliced almonds
1 teaspoon each cloves, cinnamon, nutmeg and ginger
1 cup sugar
1/2 cup Sherry

Combine cake mix, pudding mix, oil, 1 cup wine, eggs, almonds, cloves, cinnamon, nutmeg and ginger in mixer bowl. Beat at high speed for 3 minutes. Spoon into greased and floured bundt or tube pan. Bake at 325 degrees for 45 to 50 minutes or until wooden pick inserted in center comes out clean. Invert onto cake plate. Cool for 5 to 7 minutes. Invert cake. Combine confectioners' sugar and 1/2 cup wine in saucepan. Cook until sugar dissolves, stirring constantly. Brush over cake. Garnish with confectioners' sugar if desired.

Betty Lambert

Pear Cake

Yield:
16 servings
Utensil:
2 loaf pans
Approx Per Serving:
Cal 429
Prot 4 g
Carbo 47 g
Fiber 2 g
T Fat 26 g
Chol 40 mg
Sod 226 mg

2 cups sugar
1 1/4 cups oil
3 eggs
2 teaspoons vanilla extract
2 1/2 cups flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon salt
4 teaspoons cinnamon
1 1/2 cups chopped pecans
3 cups grated fresh pears

Combine sugar and oil in mixer bowl; mix well. Beat in eggs 1 at a time. Add vanilla. Sift in dry ingredients; mix well. Stir in pecans and pears. Spoon into 2 greased and floured loaf pans. Bake at 350 degrees for 35 to 45 minutes or until loaves test done. Remove to wire rack to cool. May wrap in foil and freeze.

Marilyn Stidham

Poppy Seed Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 468
Prot 5 g
Carbo 49 g
Fiber 1 g
T Fat 29 g
Chol 53 mg
Sod 204 mg

3 cups flour
2 cups sugar
1 teaspoon soda
2 ounces poppy seed
1 teaspoon salt
4 eggs
1 teaspoon vanilla extract
1½ cups oil
1 cup chopped pecans
1 6-ounce can orange juice concentrate, thawed

Mix flour, sugar, soda, poppy seed and salt in mixer bowl. Add eggs, vanilla and oil; mix well. Stir in pecans. Spoon into greased and floured bundt pan. Bake at 350 degrees for 1 hour and 10 minutes. Cool on wire rack. Pierce cake with fork. Pour orange juice concentrate over top.

Mary Ann McGuire

Apple and Pecan Pound Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 470
Prot 4 g
Carbo 54 g
Fiber 2 g
T Fat 28 g
Chol 27 mg
Sod 106 mg

1½ cups oil
2 cups sugar
2 eggs
3 cups flour
1 teaspoon soda
1 teaspoon cinnamon
¼ teaspoon salt
1 21-ounce can apple pie filling
1¼ cups chopped pecans

Combine oil, sugar and eggs in mixer bowl; mix well. Mix flour, soda, cinnamon and salt together in bowl. Add to batter alternately with pie filling, mixing well after each addition. Stir in pecans. Spoon into greased and floured tube pan. Bake at 350 degrees for 1½ hours. Remove to wire rack to cool.

Linda Rath (Mrs. Bill)

Cream Cheese Pound Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 460
Prot 6 g
Carbo 55 g
Fiber 1 g
T Fat 25 g
Chol 142 mg
Sod 231 mg

8 ounces cream cheese, softened
1½ cups melted butter
3 cups sugar
3 cups flour
6 eggs
⅛ teaspoon salt
4½ teaspoons vanilla extract

Combine cream cheese, butter and sugar in mixer bowl; beat until smooth. Add flour, eggs, salt and vanilla; mix well. Spoon into greased and floured bundt pan. Bake at 325 degrees for 1½ hours. Remove to wire rack to cool.

Henry Maken

Microwave Peanut Patties

Yield:
24 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 141
Prot 2 g
Carbo 23 g
Fiber 1 g
T Fat 5 g
Chol 1 mg
Sod 8 mg

2 cups sugar
½ cup water
½ cup light corn syrup
Salt to taste
1½ cups raw peanuts
1 tablespoon butter
1 teaspoon vanilla extract
2 to 3 drops of red food coloring

Combine sugar, water, corn syrup and salt in 2-quart glass bowl. Microwave on High for 4 minutes or until mixture boils. Stir in peanuts. Microwave for 10 minutes. Stir in butter, vanilla and food coloring. Cool to room temperature. Beat until creamy. Pour into 2 greased pie plates.

Norma Forsyth

Martha Washington Candy

Yield:
50 servings
Utensil:
bowl
Approx Per Serving:
Cal 231
Prot 2 g
Carbo 32 g
Fiber 1 g
T Fat 12 g
Chol 8 mg
Sod 38 mg

1/2 cup butter, softened
1 14-ounce can sweetened condensed milk
2 1-pound packages confectioners' sugar
1 3-ounce can coconut
4 cups finely chopped pecans
1 teaspoon vanilla extract
1/4 teaspoon salt
12 ounces chocolate chips
3/4 square paraffin

Combine butter, condensed milk, confectioners' sugar, coconut, pecans, vanilla and salt in large bowl; mix well. Chill for 1 to 1 1/2 hours. Shape into small balls. Chill in refrigerator. Melt chocolate chips and paraffin in double boiler over hot water; mix well. Dip candy balls into chocolate; cool on waxed paper. Store in refrigerator.

Edna Shipman

Iced Sheet Cake Brownies

Yield:
60 servings
Utensil:
sheet cake pan
Approx Per Serving:
Cal 143
Prot 1 g
Carbo 20 g
Fiber <1 g
T Fat 7 g
Chol 7 mg
Sod 59 mg

2 cups sugar
1/2 cup margarine, softened
1/2 cup shortening
2 eggs
2 cups flour
4 teaspoons baking cocoa
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 cup buttermilk
1 cup boiling water
1/2 cup margarine
4 teaspoons baking cocoa
1/2 cup milk
1 1-pound package confectioners' sugar
1 teaspoon vanilla extract
1 1/2 cups chopped walnuts

Cream sugar, 1/2 cup margarine and shortening in mixer bowl until light and fluffy. Add eggs, flour, 4 teaspoons cocoa, salt and 1 teaspoon vanilla; mix well. Add buttermilk gradually, beating for 1 minute. Beat in boiling water gradually; batter will be very thin. Pour into greased and floured 10x15-inch sheet cake pan. Bake at 350 degrees for 20 minutes. Cool on wire rack. Combine 1/2 cup margarine, 4 teaspoons cocoa, milk, confectioners' sugar, 1 teaspoon vanilla and walnuts in saucepan. Cook over low heat until smooth, stirring constantly; do not boil. Pour over cool brownies. Cut into squares.

Carla Nichols (Mrs. Rick)

Cement Cookies

Yield:
144 servings
Utensil:
cookie sheets
Approx Per Serving:
Cal 61
Prot 1 g
Carbo 10 g
Fiber <1 g
T Fat 2 g
Chol 9 mg
Sod 21 mg

4 cups packed brown sugar
1 cup butter, softened
4 eggs
1 teaspoon vanilla extract
6 cups flour
1 teaspoon cream of tartar
1 teaspoon soda
1 cup chopped pecans

Combine brown sugar, butter, eggs and vanilla in mixer bowl; mix until smooth. Add sifted mixture of flour, cream of tartar and soda; mix well. Mix in pecans. Shape into 1½-inch rolls; wrap in waxed paper. Chill overnight. Cut into ⅛-inch slices; place on cookie sheets. Bake at 350 degrees for 8 to 10 minutes or until light brown. Remove to wire rack to cool.

Bob Doescher

Chocolate Snowballs

Yield:
24 servings
Utensil:
cookie sheets
Approx Per Serving:
Cal 194
Prot 2 g
Carbo 18 g
Fiber 1 g
T Fat 13 g
Chol 21 mg
Sod 70 mg

1 cup butter, softened
½ cup sugar
1 teaspoon vanilla extract
2 cups sifted flour
1 cup chopped pecans
1 5-ounce package chocolate kisses
½ cup confectioners' sugar

Cream butter, sugar and vanilla in mixer bowl until light and fluffy. Add flour and pecans; mix well. Chill in refrigerator. Shape dough around candy, rolling into balls; place on ungreased cookie sheets. Bake at 375 degrees for 12 minutes or just until set but not brown. Remove to wire rack. Sprinkle with confectioners' sugar.

June Brooks

Jerry's Easy Peanut Butter Cookies

Yield:
48 servings
Utensil:
cookie sheets
Approx Per Serving:
Cal 113
Prot 2 g
Carbo 10 g
Fiber <1 g
T Fat 7 g
Chol 9 mg
Sod 90 mg

1 2-layer package yellow cake mix
1 cup peanut butter
1/2 cup oil
2 eggs
3/4 cup chopped pecans

Combine cake mix, peanut butter, oil and eggs in mixer bowl; mix until smooth. Mix in pecans. Shape into small balls; place on cookie sheet. Press with moistened fork to flatten. Bake at 400 degrees for 8 to 10 minutes or until brown. Remove to wire rack to cool.

Jerry Lemons

Pecan Pie Bars

Yield:
32 servings
Utensil:
baking pan
Approx Per Serving:
Cal 158
Prot 2 g
Carbo 25 g
Fiber <1 g
T Fat 6 g
Chol 27 mg
Sod 130 mg

1 2-layer package yellow cake mix
1/4 cup margarine, softened
1 egg, beaten
1 cup light corn syrup
3 eggs
1/2 cup packed brown sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Reserve 2/3 cup cake mix. Combine remaining cake mix, margarine and 1 egg in bowl; mix until crumbly. Press evenly over bottom and sides of ungreased 9x13-inch baking pan. Bake at 350 degrees for 15 minutes. Combine reserved cake mix, corn syrup, 3 eggs, brown sugar and vanilla in bowl; mix by hand until smooth. Spread over crust. Sprinkle with pecans. Bake for 30 to 35 minutes or until set. Cool on wire rack. Cut into bars.

Rhonda Henderson

Wedding Cookies

Yield:
48 servings
Utensil:
cookie sheets
Approx Per Serving:
Cal 79
Prot 1 g
Carbo 7 g
Fiber <1 g
T Fat 6 g
Chol 10 mg
Sod 38 mg

2 cups flour
1/2 cup sifted confectioners' sugar
1/8 teaspoon salt
1 cup finely chopped pecans
1 teaspoon vanilla extract
1 cup butter, softened
1/2 cup confectioners' sugar

Mix flour, 1/2 cup confectioners' sugar, salt and pecans in bowl. Stir in vanilla. Add butter, mixing until mixture forms ball. Shape into 1-inch patties; place on cookie sheet. Bake at 350 degrees for 30 minutes or until light brown. Remove immediately to wire rack to cool. Sprinkle with 1/2 cup confectioners' sugar. May substitute almonds, walnuts or peanuts for pecans if preferred.

Yolanda Quintana

Flo's Buttermilk Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 465
Prot 5 g
Carbo 65 g
Fiber 1 g
T Fat 21 g
Chol 81 mg
Sod 397 mg

2 cups sugar
1/4 cup flour
3 eggs
1 cup buttermilk
1/2 cup melted margarine
1/4 teaspoon salt
1 teaspoon vanilla extract
1 unbaked 9-inch pie shell
Cinnamon to taste

Mix sugar and flour together in bowl. Add eggs, buttermilk, margarine, salt and vanilla; mix well. Pour into pie shell; sprinkle with cinnamon. Bake at 375 degrees for 1 hour or until set, covering crust with foil if necessary to prevent overbrowning.

Florine Blakemore

Butterscotch Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 441
Prot 6 g
Carbo 54 g
Fiber 1 g
T Fat 23 g
Chol 63 mg
Sod 285 mg

1/2 cup margarine
1 cup flour
1/4 cup packed brown sugar
1/2 cup chopped pecans
1 cup packed brown sugar
1/3 cup flour
1/4 teaspoon salt
1 cup evaporated milk
1 cup water
2 egg yolks, beaten
1 teaspoon vanilla extract
2 tablespoons margarine
2 drops of butter flavoring
1/2 teaspoon maple flavoring

Melt 1/2 cup margarine in 8 or 9-inch pie plate sprayed with nonstick cooking spray. Add 1 cup flour, 1/4 cup brown sugar and pecans; mix well. Press over bottom and side of plate. Bake at 350 degrees for 15 minutes or until light brown. Combine 1 cup brown sugar, 1/3 cup flour and salt in glass bowl. Whisk in evaporated milk and water until smooth. Microwave on High for 6 minutes or until thickened, whisking after 3 minutes. Stir 1 cup hot mixture into egg yolks; stir egg yolks into hot mixture. Microwave for 1 to 2 minutes or until thickened. Whisk in vanilla, 2 tablespoons margarine and flavorings. Spoon into pie shell. Cool to room temperature. Serve with whipped cream or whipped topping.

Skeet Hart

Cherry Cheese Pies

Yield:
16 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 337
Prot 3 g
Carbo 44 g
Fiber 1 g
T Fat 17 g
Chol 17 mg
Sod 298 mg

1 envelope whipped topping mix
8 ounces cream cheese, softened
1 cup confectioners' sugar
1/2 teaspoon vanilla extract
2 9-inch graham cracker pie shells
1 21-ounce can cherry pie filling

Prepare whipped topping mix using package directions. Combine with cream cheese, confectioners' sugar and vanilla in bowl; mix well. Spoon into pie shells. Top with pie filling. Chill until serving time.

H. W. Kueckelhan

Chocolate Pecan Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 539
Prot 6 g
Carbo 61 g
Fiber 2 g
T Fat 33 g
Chol 88 mg
Sod 209 mg

3 eggs, slightly beaten
1 cup corn syrup
4 ounces German's sweet chocolate, melted, cooled
1/3 cup sugar
2 tablespoons melted butter
1 teaspoon vanilla extract
1 1/2 cups pecan halves
1 unbaked 9-inch pie shell

Combine eggs, corn syrup, chocolate, sugar, butter and vanilla in bowl; mix well. Stir in pecans. Spoon into pie shell. Bake at 350 degrees for 50 minutes to 1 hour or until set. Cool on wire rack.

Jim Acker

Lemon Meringue Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 453
Prot 5 g
Carbo 73 g
Fiber 1 g
T Fat 17 g
Chol 117 mg
Sod 335 mg

1 cup plus 2 tablespoons sugar
7 tablespoons cornstarch
1/4 teaspoon salt
2 cups water
3 egg yolks, beaten
2 tablespoons butter
1/3 cup lemon juice
1 baked 9-inch pie shell
3 egg whites, at room temperature
6 tablespoons sugar

Mix 1 cup plus 2 tablespoons sugar, cornstarch and salt in double boiler. Stir in water. Cook over boiling water until thickened, stirring constantly. Cook, covered, for 15 minutes longer. Stir a small amount of hot mixture into egg yolks; stir egg yolks into hot mixture. Cook over hot water for 2 minutes, stirring constantly. Stir in butter. Cool to room temperature. Stir in lemon juice. Spoon into pie shell. Beat egg whites in mixer bowl until foamy. Add 6 tablespoons sugar gradually, beating until stiff peaks form. Spread over pie, sealing to edge. Bake at 325 degrees for 15 minutes or until light brown.

Linda Whitacre (Mrs. Ed)

Sour Cream Lemon Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 502
Prot 6 g
Carbo 54 g
Fiber 1 g
T Fat 30 g
Chol 150 mg
Sod 290 mg

1 cup sugar
3 tablespoons flour
1/4 cup butter
1/4 cup lemon juice
3 egg yolks
1 cup milk
1 tablespoon grated lemon rind
1 cup sour cream
1 baked pie shell

Combine sugar, flour, butter, lemon juice, egg yolks, milk and lemon rind in saucepan; mix well. Cook over medium heat until thickened, stirring constantly. Cool to room temperature. Fold in sour cream. Spoon into pie shell. May top with whipped cream or meringue if desired.

Beth Tipton

Ethel Irons' Pumpkin Chiffon Pie

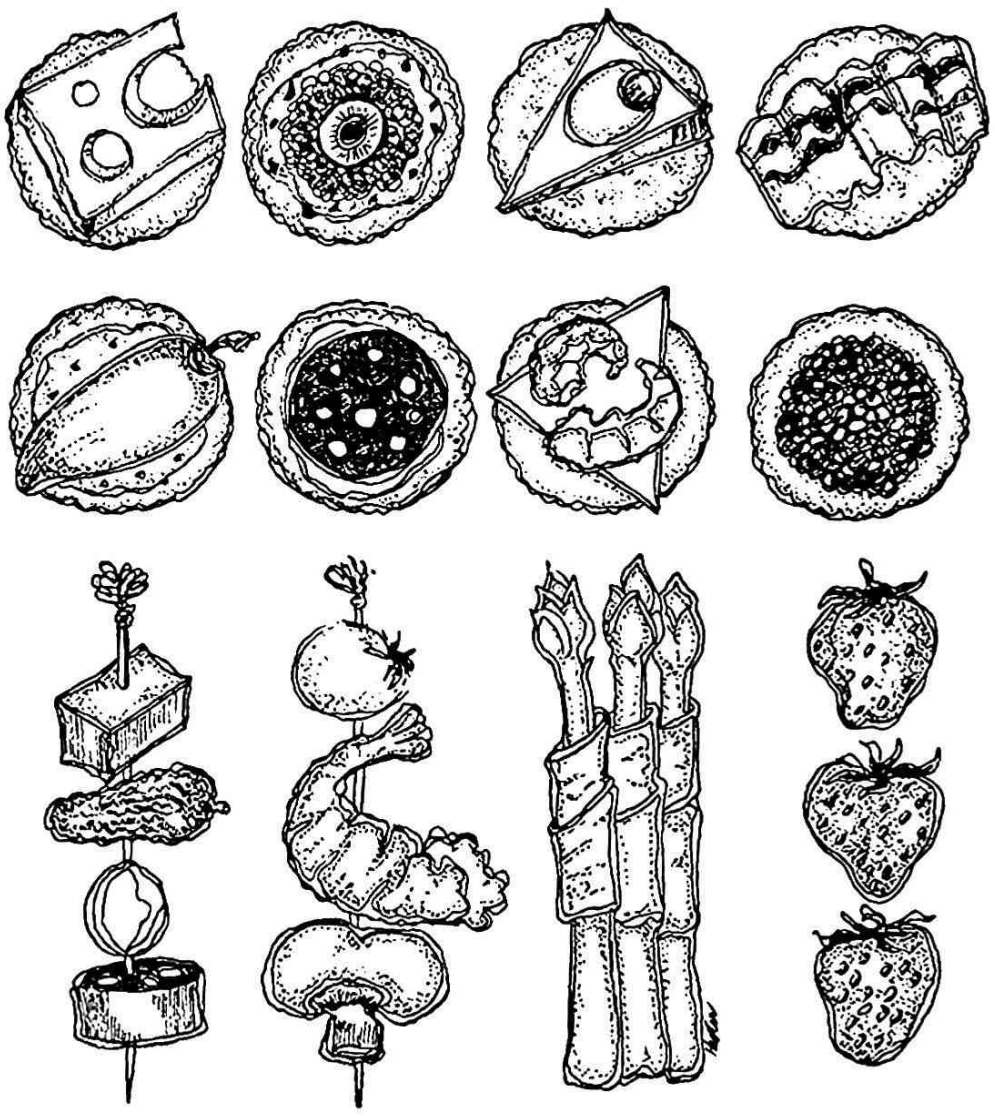
Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 269
Prot 9 g
Carbo 34 g
Fiber 2 g
T Fat 11 g
Chol 86 mg
Sod 320 mg

1 envelope unflavored gelatin
1/2 cup sugar
1/2 teaspoon each salt, nutmeg and ginger
1 teaspoon cinnamon
1/8 teaspoon cloves
2/3 cup evaporated milk
3 egg yolks
1 1/4 cups canned pumpkin
3 egg whites, at room temperature
1/4 cup sugar
1 baked 9-inch pie shell

Mix gelatin, 1/2 cup sugar, salt, nutmeg, ginger, cinnamon and cloves in medium saucepan. Stir in evaporated milk and egg yolks. Cook over low heat for 5 minutes or until gelatin dissolves and mixture thickens slightly, stirring constantly. Remove from heat. Fold in pumpkin. Chill until mixture mounds when dropped from spoon, stirring occasionally. Beat egg whites in mixer bowl until stiff but not dry. Add 1/4 cup sugar gradually, beating until very stiff peaks form. Fold into pumpkin mixture. Spoon into pie shell. Chill until firm.

Bernell Caldwell

APPETIZERS



Crisp Cheese Appetizers

Yield:
48 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 76
Prot 2 g
Carbo 5 g
Fiber <1 g
T Fat 5 g
Chol 15 mg
Sod 93 mg

1 cup melted butter
2 cups shredded sharp Cheddar cheese
2 cups flour
2 cups crisp rice cereal
1/2 teaspoon salt
1/4 teaspoon red pepper

Combine butter, cheese, flour, cereal, salt and red pepper in bowl; mix well. Shape by teaspoonfuls into small balls. Place on baking sheet; press with fork to flatten. Bake at 350 degrees for 15 minutes. Remove to wire rack to cool.

Sally Reed

Dried Beef Cheese Ball

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 106
Prot 3 g
Carbo 1 g
Fiber <1 g
T Fat 10 g
Chol 37 mg
Sod 216 mg

16 ounces cream cheese, softened
1 tablespoon Worcestershire sauce
1/4 cup chopped chives
1 2-ounce jar dried beef, finely chopped

Combine cream cheese, Worcestershire sauce, chives and half the dried beef in bowl; mix well. Shape into ball. Roll in remaining dried beef, coating well. Chill until serving time. Serve with crackers.

Linda Genzel

Ranch Dressing Cheese Ball

Yield:
12 servings
Utensil:
mixer bowl
Approx Per Serving:
Cal 272
Prot 9 g
Carbo 5 g
Fiber 1 g
T Fat 25 g
Chol 42 mg
Sod 378 mg

1 envelope milk-recipe ranch salad dressing mix
1/2 cup mayonnaise
1/2 cup milk
6 ounces cream cheese, softened
2 cups shredded Cheddar cheese, softened
5 ounces sliced almonds, toasted

Combine salad dressing mix, mayonnaise and milk in mixer bowl; mix well. Add cream cheese; beat until smooth. Add Cheddar cheese; mix well. Chill, covered, in freezer for 30 minutes. Shape into ball. Roll in almonds, coating well.

Sondra Herr

Holiday Cheese Ball

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 108
Prot 3 g
Carbo 2 g
Fiber <1 g
T Fat 10 g
Chol 37 mg
Sod 210 mg

16 ounces cream cheese, softened
1 bunch green onions, chopped
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
Garlic salt to taste
1 2-ounce jar dried beef, finely chopped

Combine cream cheese, green onions, lemon juice, Worcestershire sauce, garlic salt and 2/3 of the dried beef in bowl; mix well. Shape into ball. Roll in remaining dried beef, coating evenly. Chill overnight or until firm. Serve with butter crackers.

Susie Echols

Pineapple Holiday Cheese Ball

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 206
Prot 3 g
Carbo 6 g
Fiber 1 g
T Fat 20 g
Chol 31 mg
Sod 484 mg

16 ounces cream cheese, softened
1 8-ounce can crushed pineapple, drained
1/4 cup chopped green bell pepper
2 tablespoons chopped onion
1 tablespoon seasoned salt
2 cups chopped pecans

Combine cream cheese, pineapple, green pepper, onion, seasoned salt and 1 cup pecans in bowl; mix well. Chill in refrigerator. Shape into ball. Roll in remaining 1 cup pecans, coating well. Chill until serving time. May freeze.

Ada Abernathy

Holiday Cream Cheese Roll

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 137
Prot 4 g
Carbo 2 g
Fiber 1 g
T Fat 13 g
Chol 37 mg
Sod 502 mg

16 ounces cream cheese, softened
1 2-ounce can chopped black olives
8 green onions with stems, chopped
1 2-ounce jar dried beef, finely chopped
1 teaspoon MSG
1/2 cup chopped pecans

Combine cream cheese, olives, green onions, dried beef and MSG in bowl; mix well. Shape into roll or ball. Roll in pecans, coating well. Chill for 24 hours. Slice to serve. Store in refrigerator.

Jan Jones

Mexican Cheese Ball

Yield:
24 servings
Utensil:
mixer bowl
Approx Per Serving:
Cal 130
Prot 5 g
Carbo 1 g
Fiber <1 g
T Fat 12 g
Chol 28 mg
Sod 266 mg

1 pound Cheddar cheese, finely chopped, softened
1/4 cup butter, softened
1/2 cup mayonnaise
1 tablespoon water
2 1/2-ounce envelopes green onion dip mix
1/2 4-ounce can chopped green chilies, rinsed
1 2-ounce jar chopped pimento, drained

Beat cheese in mixer bowl until smooth. Add butter and mayonnaise; mix well. Combine water and dip mix in bowl; mix well. Add dip mixture, chilies and pimento to cheese; mix well. Spoon into 1-quart bowl lined with plastic wrap. Chill, covered, for 2 hours. Invert onto serving tray or board; remove plastic wrap. Serve with corn chips or crackers. Store in refrigerator.

Peggy Hinson

Pecan Cheese Logs

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 134
Prot 5 g
Carbo 2 g
Fiber <1 g
T Fat 12 g
Chol 30 mg
Sod 130 mg

8 ounces sharp Cheddar cheese, shredded
8 ounces cream cheese, softened
2 cloves of garlic, crushed
1 small onion, finely chopped
1/2 cup finely chopped pecans
Paprika to taste
Parsley leaves to taste

Combine Cheddar cheese and cream cheese in bowl; mix well. Add garlic, onion and pecans; mix well. Shape into 2 logs. Roll in paprika and chopped parsley, coating well. Chill overnight. Serve with crackers. May wrap in waxed paper and foil and freeze if desired.

Janice West

Pimento Cheese

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 173
Prot 9 g
Carbo 2 g
Fiber <1 g
T Fat 14 g
Chol 39 mg
Sod 272 mg

10 ounces Cheddar cheese, shredded
10 ounces Colby cheese, shredded
1 tablespoon grated onion
1 tablespoon grated green bell pepper
1 2-ounce jar chopped pimento
Pepper to taste
1/2 cup (about) mayonnaise-type salad dressing

Combine Cheddar cheese, Colby cheese, onion, green pepper, pimento and pepper in bowl; mix well. Add enough salad dressing to moisten to taste; mix well.

Severna Kerby

Pineapple Cheese Spread

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 160
Prot 3 g
Carbo 5 g
Fiber 1 g
T Fat 15 g
Chol 31 mg
Sod 217 mg

1 8-ounce can crushed pineapple
16 ounces cream cheese, softened
1 cup chopped pecans
1/2 cup finely chopped green bell pepper
2 tablespoons chopped green onion
1 teaspoon seasoned salt

Drain pineapple, reserving juice. Combine pineapple with cream cheese, pecans, green pepper, green onion and seasoned salt in bowl; mix well. Add a small amount of reserved juice if needed for desired consistency. Shape into ball or pack into crock. Chill in refrigerator. Garnish with additional pecans. Serve with crackers.

Shirley Autry

Shrimp Cheese Ball

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 114
Prot 5 g
Carbo 2 g
Fiber <1 g
T Fat 10 g
Chol 39 mg
Sod 312 mg

8 ounces cream cheese, softened
2 tablespoons lemon juice
1/2 teaspoon horseradish mustard
2 tablespoons chopped stuffed olives
1 teaspoon seasoned salt
1 cup cooked shrimp
1/2 cup chopped walnuts

Combine cream cheese, lemon juice, mustard, olives and seasoned salt in bowl; mix well. Mix in shrimp. Shape into ball. Roll in walnuts, coating well.

Rachel Glenn

Mock Avocado Dip

Yield:
12 servings
Utensil:
blender
Approx Per Serving:
Cal 16
Prot 1 g
Carbo 3 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 134 mg

1 16-ounce can asparagus, drained
1 small clove of garlic
1 medium onion, chopped
1 medium tomato, chopped
1 4-ounce can chopped green chilies

Combine asparagus, garlic, onion, tomato and green chilies in blender or food processor container. Process until smooth.

Linda Hembey

Beer Dip

Yield:
24 servings
Utensil:
large bowl
Approx Per Serving:
Cal 147
Prot 8 g
Carbo 1 g
Fiber <1 g
T Fat 12 g
Chol 36 mg
Sod 541 mg

2 pounds Velveeta cheese
1 12-ounce can warm beer
Garlic powder and cayenne pepper to taste

Place cheese in freezer until firm enough to shred easily. Shred cheese into large bowl. Stir in beer and a small amount of garlic powder and cayenne pepper; seasoning flavors will increase on standing. Let stand, covered, on counter overnight; mix well. Adjust seasonings. Chill until serving time. Serve with butter crackers. Use beer which has not been chilled.

Dana Moore

Caviar Pie

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 119
Prot 3 g
Carbo 1 g
Fiber <1 g
T Fat 12 g
Chol 69 mg
Sod 167 mg

8 ounces cream cheese, softened
1/4 cup mayonnaise
1 tablespoon grated onion
2 teaspoons Worcestershire sauce
2 teaspoons lemon juice
2 ounces caviar
3 tablespoons chopped parsley
1 hard-boiled egg, grated
1 tablespoon finely chopped onion

Combine cream cheese and mayonnaise in bowl; mix well. Add grated onion, Worcestershire sauce and lemon juice; mix well. Spread in 1-inch thick layer in center of serving plate. Top with caviar. Press parsley on side. Sprinkle with egg and chopped onion. Chill until serving time. Serve with Melba toast rounds.

Michael J. Smith

Crab Dip

Yield:
16 servings
Utensil:
serving plate
Approx Per Serving:
Cal 129
Prot 5 g
Carbo 4 g
Fiber 0 g
T Fat 10 g
Chol 44 mg
Sod 235 mg

1 8-ounce can crab meat
16 ounces cream cheese, softened
1 8-ounce jar cocktail sauce

Drain crab meat. Spread cream cheese on 10 or 11-inch serving plate, building up rim at edge. Spread cocktail sauce over cream cheese. Sprinkle with crab meat. Serve with thin wheat crackers.

Dorothy Medlin

Dill Dip

Yield:
12 servings
Utensil:
small bowl
Approx Per Serving:
Cal 141
Prot 1 g
Carbo 1 g
Fiber <1 g
T Fat 15 g
Chol 17 mg
Sod 622 mg

1 cup sour cream
3/4 cup mayonnaise
2 green onions with stems, finely chopped
1 tablespoon (or more) seasoned salt
1 teaspoon (or more) dillweed, crushed

Combine sour cream, mayonnaise, green onions, seasoned salt and dillweed in small bowl; mix well. Serve with raw vegetables.

Violet Turner

Easy Fruit Dip

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 89
Prot 1 g
Carbo 10 g
Fiber 0 g
T Fat 5 g
Chol 16 mg
Sod 49 mg

1 7-ounce jar marshmallow creme
8 ounces cream cheese, softened

Combine marshmallow creme and creme cheese in bowl; mix until smooth. Serve with fresh fruit such as grapes, cantaloupe or pineapple.

Gretchen Halfmann

Green Chili Bean Dip

Yield:
16 servings
Utensil:
skillet
Approx Per Serving:
Cal 149
Prot 11 g
Carbo 7 g
Fiber 3 g
T Fat 9 g
Chol 32 mg
Sod 493 mg

1 pound ground chuck
1 15-ounce can refried beans
8 ounces Velveeta cheese, chopped
1 15-ounce can tomato sauce
1 4-ounce can chopped green chilies

Brown ground chuck in skillet, stirring until crumbly; drain. Add beans and cheese, stirring until cheese melts. Add tomato sauce and green chilies. Cook over low heat until bubbly. Serve warm.

Debbie McCann

TRY

Jalapeño Dip

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 92
Prot 2 g
Carbo 3 g
Fiber <1 g
T Fat 8 g
Chol 23 mg
Sod 393 mg

8 ounces cream cheese, softened
1/3 cup sour cream
1/2 envelope onion soup mix
1/2 cup Ro-Tel tomatoes with chilies
Garlic powder to taste
Chopped jalapeño peppers to taste

Combine cream cheese, sour cream, soup mix, tomatoes, garlic powder and jalapeño peppers in bowl; mix well. Chill until serving time.

Kay Barber

Picante Sauce

Yield:
12 servings
Utensil:
blender
Approx Per Serving:
Cal 13
Prot 1 g
Carbo 3 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 196 mg

3 tablespoons chopped green onions
1 16-ounce can tomatoes
2 or 3 jalapeño peppers
1 1/2 tablespoons vinegar
1 clove of garlic
1 tablespoon chopped cilantro
1/8 teaspoon cumin
Sugar to taste
3/4 teaspoon salt

Combine green onions, tomatoes, jalapeño peppers, vinegar, garlic, cilantro, cumin, sugar and salt in blender or food processor container. Process until coarsely chopped. Serve with tostados and corn chips. May substitute 3 large fresh tomatoes for canned tomatoes if preferred.

Roycalee Lewallen

Sausage and Ground Beef Dip

Yield:
24 servings
Utensil:
saucepan
Approx Per Serving:
Cal 235
Prot 13 g
Carbo 3 g
Fiber <1 g
T Fat 19 g
Chol 55 mg
Sod 737 mg

1 pound ground beef
1 pound sausage
1 onion, chopped
2 pounds Velveeta cheese, chopped
1 10-ounce can cream of mushroom soup
1 16-ounce can Ro-Tel tomatoes with chilies
Garlic salt and chili powder to taste

Brown ground beef and sausage with onion in saucepan, stirring until meat is crumbly; drain. Add cheese, soup, tomatoes, garlic salt and chili powder. Cook until cheese melts, stirring constantly.

Sue Anderson

Hot Sausage Dip

Yield:
24 servings
Utensil:
saucepan
Approx Per Serving:
Cal 234
Prot 13 g
Carbo 3 g
Fiber <1 g
T Fat 19 g
Chol 55 mg
Sod 737 mg

1 pound hot bulk sausage
1 pound ground chuck
1 small onion, chopped
1 10-ounce can cream of mushroom soup
1 16-ounce can Ro-Tel tomatoes with chilies
2 pounds Velveeta cheese, cubed

Brown sausage and ground chuck with onion in saucepan, stirring until meat is crumbly; drain. Add soup, tomatoes and cheese. Cook until cheese melts, stirring constantly. Serve with corn chips.

Jo Ann Marcotte

Shrimp Dip

Yield:
6 servings
Utensil:
small bowl
Approx Per Serving:
Cal 99
Prot 4 g
Carbo 1 g
Fiber <1 g
T Fat 9 g
Chol 43 mg
Sod 98 mg

1 7-ounce can small shrimp
8 ounces cream cheese, softened
1/3 cup mayonnaise
1 tablespoon lemon juice
1/2 cup chopped celery
3 green onions, chopped

Drain and rinse shrimp under cold running water; place in ice water. Let stand for several minutes. Combine cream cheese, mayonnaise and lemon juice in bowl; beat until well blended. Add celery and green onions; mix well. Drain shrimp; pat dry. Add to cream cheese mixture; mix well. Chill, covered, until serving time. Serve with potato chips for dipping.

Susie Echols

Creamy Shrimp Dip

Yield:
10 servings
Utensil:
bowl
Approx Per Serving:
Cal 228
Prot 7 g
Carbo 2 g
Fiber <1 g
T Fat 22 g
Chol 74 mg
Sod 206 mg

8 ounces cream cheese, softened
3/4 cup mayonnaise
1 8-ounce can shrimp, rinsed, drained
2 stalks celery, finely chopped
3 green onions, finely chopped
1/2 teaspoon lemon juice
1 teaspoon paprika
1/2 teaspoon garlic powder

Combine cream cheese, mayonnaise and shrimp in bowl; mix well. Add celery, green onions and lemon juice; mix well. Add paprika and garlic powder. Smooth surface of dip; garnish with additional paprika. Chill for 4 hours to overnight. Serve with crackers. May soften cream cheese in microwave for 40 seconds if desired.

Sandy Maurer

Spinach Dip

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 175
Prot 2 g
Carbo 7 g
Fiber 1 g
T Fat 16 g
Chol 18 mg
Sod 464 mg

1 10-ounce package frozen chopped spinach, thawed
1½ cups sour cream
1 cup mayonnaise
1 envelope vegetable soup mix
1 8-ounce can water chestnuts, chopped
3 green onions, chopped

Press spinach to remove moisture. Combine with sour cream, mayonnaise, soup mix, water chestnuts and green onions in bowl; mix well. Chill, covered, for 2 hours. Stir to mix well. Serve with thin wheat crackers.

Dan Webster

Giant Taco

Yield:
16 servings
Utensil:
plate
Approx Per Serving:
Cal 158
Prot 11 g
Carbo 13 g
Fiber 5 g
T Fat 7 g
Chol 26 mg
Sod 519 mg

1 pound ground beef
1 envelope taco seasoning mix
2 16-ounce cans refried beans
1 4-ounce can chopped green chilies
Hot sauce to taste
1 cup shredded Cheddar cheese

Brown ground beef in skillet, stirring until crumbly; drain. Stir in taco seasoning mix. Layer beans, ground beef and green chilies on round ovenproof plate. Sprinkle with hot sauce. Bake at 350 degrees for 20 minutes. Sprinkle with cheese. Bake for 5 minutes or until cheese melts. Garnish with toppings such as guacamole, sour cream, sliced black olives, chopped green onions and chopped tomatoes. Serve with chips.

Kathy Diefenbach

Texas Caviar

Yield:
16 servings
Utensil:
large bowl
Approx Per Serving:
Cal 148
Prot 4 g
Carbo 17 g
Fiber 6 g
T Fat 9 g
Chol 0 mg
Sod 239 mg

1 16-ounce can pinto beans with jalapeño peppers, drained
1 16-ounce can black-eyed peas with jalapeño peppers, drained
1 16-ounce can white hominy, drained
2 medium tomatoes, chopped
1/2 cup chopped green onion tops
1/2 cup chopped fresh parsley
1 green bell pepper, chopped
2 cloves of garlic, chopped
1 8-ounce bottle of Italian salad dressing

Combine pinto beans, black-eyed peas, hominy, tomatoes, green onion tops, parsley, green pepper and garlic in large bowl; mix well. Add salad dressing; mix well. Chill for 2 hours. Drain before serving. Serve with tortilla chips.

Nutritional information includes the entire amount of salad dressing.

Barbara Ohlman

Tex-Mex Dip

Yield:
16 servings
Utensil:
serving dish
Approx Per Serving:
Cal 224
Prot 5 g
Carbo 12 g
Fiber 7 g
T Fat 19 g
Chol 18 mg
Sod 487 mg

1 16-ounce can refried beans
1/2 cup mayonnaise
3 avocados, mashed
1 cup sour cream
1 envelope taco seasoning mix
1 4-ounce can chopped black olives
2 tomatoes, chopped
1 cup shredded Cheddar cheese
1/4 cup chopped green onions

Spread beans in serving dish. Combine mayonnaise and avocados in bowl; mix well. Spread over beans. Combine sour cream and taco seasoning mix in small bowl; mix well. Spread over avocado layer. Layer black olives, tomatoes, cheese and green onions over sour cream. Serve with tortilla chips.

Susan Smith

Tijuana Dip

Yield:
16 servings
Utensil:
saucepan
Approx Per Serving:
Cal 118
Prot 6 g
Carbo 7 g
Fiber 3 g
T Fat 8 g
Chol 20 mg
Sod 290 mg

2 8-ounce cans bean dip
1 14-ounce can stewed tomatoes, drained
1 cup shredded Cheddar cheese
1 cup shredded Monterey Jack cheese
3 ounces cream cheese
1 4-ounce can chopped green chilies
1 2-ounce can chopped black olives, drained
1 tablespoon chili powder
1/2 teaspoon each garlic powder and pepper

Combine bean dip, tomatoes, Cheddar cheese, Monterey Jack cheese, cream cheese, chilies, olives, chili powder, garlic powder and pepper in large saucepan. Cook until cheeses melt, stirring occasionally. Serve with tortilla chips.

Martha Butler Garrison

Tangy Vegetable Dip

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 154
Prot 1 g
Carbo 1 g
Fiber <1 g
T Fat 17 g
Chol 15 mg
Sod 156 mg

1 cup mayonnaise
1/2 cup sour cream
1/4 cup chopped parsley
1/2 teaspoon lemon juice
1/2 teaspoon Worcestershire sauce
1 tablespoon onion flakes
1 tablespoon chopped chives
1/8 teaspoon curry powder
1/4 teaspoon paprika
1/4 teaspoon salt

Combine mayonnaise, sour cream, parsley, lemon juice, Worcestershire sauce, onion flakes, chives, curry powder, paprika and salt in bowl; mix well. Let stand for several minutes to blend flavors. Serve with fresh vegetables.

Felicia Smith

Bacon Appetizers

Yield:
25 servings
Utensil:
baking pan
Approx Per Serving:
Cal 129
Prot 4 g
Carbo 12 g
Fiber 2 g
T Fat 7 g
Chol 13 mg
Sod 230 mg

25 slices thin Roman Meal bread
6 ounces cream cheese with chives, softened
1 tablespoon mayonnaise
25 slices bacon

Trim crusts from bread. Blend cream cheese with mayonnaise in bowl. Spread lightly on bread. Roll bread up to enclose filling. Wrap 1 slice of bacon around each bread roll; secure with toothpick if necessary. Place on rack in baking pan. Bake at 350 degrees until bacon is crisp. Garnish with chopped fresh parsley. Serve warm.

Joyce Stewart

Festive Florentine Crescents

Yield:
32 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 85
Prot 3 g
Carbo 7 g
Fiber <1 g
T Fat 5 g
Chol 7 mg
Sod 239 mg

1 10-ounce package frozen chopped spinach, thawed, well drained
8 ounces Velveeta cheese, cubed
1/4 cup dry bread crumbs
3 slices crisp-fried bacon, crumbled
2 8-count cans crescent rolls

Combine spinach, cheese, bread crumbs and bacon in saucepan. Cook until cheese melts, stirring occasionally. Separate roll dough into 16 triangles. Cut each triangle into halves, forming 32 triangles. Spread with cheese mixture. Roll up from wide end to enclose filling. Place on baking sheet. Bake at 375 degrees for 11 to 13 minutes or until golden brown.

Zell Norris

Ham Swirls

Yield:
16 servings
Utensil:
small bowl
Approx Per Serving:
Cal 34
Prot 2 g
Carbo <1 g
Fiber <1 g
T Fat 3 g
Chol 10 mg
Sod 122 mg

3 ounces cream cheese, softened
2 tablespoons minced green onion tops
1 tablespoon mayonnaise
Garlic salt to taste
4 slices thinly sliced boiled ham

Combine cream cheese, green onion tops, mayonnaise and garlic salt in small bowl; mix well. Spread on ham slices. Roll ham slices to enclose filling. Place toothpicks at 1/2-inch intervals. Cut into slices between toothpicks. Arrange on serving plate. May substitute thinly sliced bologna for ham if preferred.

Johnnie O'Neal

Swedish Meatballs

Yield:
24 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 157
Prot 13 g
Carbo 3 g
Fiber 1 g
T Fat 10 g
Chol 66 mg
Sod 130 mg

3 pounds ground beef
3 slices bread, toasted, crushed
3 eggs
3 small onions, grated
2 tablespoons barbecue sauce
1 cup Parmesan cheese
3 tablespoons tomato paste
1 1/2 teaspoons garlic powder
Salt and pepper to taste

Combine ground beef, bread crumbs and eggs in bowl; mix well. Add onions, barbecue sauce, cheese, tomato paste, garlic powder, salt and pepper; mix well. Shape into 1-inch balls; place on baking sheet. Bake at 350 degrees for 20 to 30 minutes or until brown, turning balls after 10 minutes. Serve on toothpicks with cocktail sauce or barbecue sauce.

Shirley Shaw

Cheese Olive Puffs

Yield:
40 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 59
Prot 2 g
Carbo 3 g
Fiber <1 g
T Fat 5 g
Chol 6 mg
Sod 155 mg

2 cups shredded Cheddar cheese
1/2 cup margarine, softened
1 cup flour
1/2 teaspoon paprika
Red pepper to taste
40 small stuffed olives

Combine Cheddar cheese, margarine, flour, paprika and red pepper in bowl; mix well. Shape by teaspoonfuls into balls; make deep depression in each ball with finger. Place olive in each depression; shape dough to enclose olive. Place on baking sheet. Bake at 400 degrees for 15 minutes or until set but not brown. Serve hot. Do not use whipped butter in this recipe.

May Gleen

Seafood English Muffins

Yield:
36 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 227
Prot 7 g
Carbo 15 g
Fiber 1 g
T Fat 16 g
Chol 52 mg
Sod 509 mg

2 cups butter
4 5-ounce jars sharp cheese spread
1/4 cup mayonnaise
Garlic powder to taste
1 12-ounce package frozen shrimp
3 6-count packages sliced English muffins

Melt butter with cheese spread in saucepan, stirring until blended. Add mayonnaise, garlic powder and shrimp; mix well. Spread on muffins; place on baking sheet. Bake at 400 degrees for 10 minutes. May prepare in advance and freeze; bake without thawing.

Avo Griffin

Spinach Balls

Yield:
20 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 123
Prot 4 g
Carbo 7 g
Fiber 1 g
T Fat 9 g
Chol 63 mg
Sod 334 mg

1 medium onion, minced
1/2 cup Parmesan cheese
1/2 teaspoon thyme
1 teaspoon salt
1/2 teaspoon pepper
4 eggs, beaten
2 10-ounce packages frozen spinach, thawed, drained
2 cups herb-seasoned stuffing mix
3/4 cup melted butter

Mix onion, cheese, thyme, salt and pepper in bowl. Add eggs, spinach and stuffing mix; mix well. Pour melted butter over top; mix well. Shape into 1-inch balls; place on baking sheet. Bake at 350 degrees for 15 to 20 minutes or until brown. May freeze; bake frozen balls slightly longer.

Judy Dameron

Tortilla Roll-Ups

Yield:
50 servings
Utensil:
bowl
Approx Per Serving:
Cal 53
Prot 1 g
Carbo 4 g
Fiber <1 g
T Fat 4 g
Chol 10 mg
Sod 66 mg

16 ounces cream cheese, softened
1 4-ounce can chopped green chilies
1 4-ounce can chopped black olives
2 tablespoons finely chopped onion
1 8-count package flour tortillas, at room temperature

Combine cream cheese, green chilies, olives and onion in bowl; mix well. Spread on tortillas. Roll tortillas to enclose filling. Slice 1/4 to 1/2-inch thick. Serve with picante or hot sauce.

Gwynn Shultz

Cajun Pickled Eggs

Yield:
12 servings
Utensil:
1-quart jar
Approx Per Serving:
Cal 84
Prot 6 g
Carbo 3 g
Fiber 0 g
T Fat 6 g
Chol 213 mg
Sod 69 mg

12 hard-boiled eggs
2 cups white vinegar
1 cup water

Place eggs in 1-quart jar. Bring vinegar and water to a boil in saucepan. Pour over eggs; seal jar. Let stand for 1 week. May use in salads.

Oleta Hughes

Pickled Frankfurters

Yield:
40 servings
Utensil:
1-gallon jar
Approx Per Serving:
Cal 74
Prot 3 g
Carbo <1 g
Fiber 0 g
T Fat 7 g
Chol 11 mg
Sod 239 mg

2 1-pound packages beef frankfurters
1 cup vinegar
1 cup water
1 tablespoon Worcestershire sauce
2 tablespoons Tabasco sauce
Pickled jalapeño peppers to taste

Cut frankfurters into halves. Bring to a boil in water to cover in saucepan; drain. Place in 1-gallon jar. Combine vinegar, water, Worcestershire sauce and Tabasco sauce in saucepan. Bring to a boil. Pour over frankfurters. Add peppers. Let stand, covered, until cool; seal jar. May store in refrigerator if preferred. May add boiled eggs and sliced carrots if desired.

Mrs. Harvy P. Dobbs Jr.

Cheese Crackers

Yield:
30 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 93
Prot 3 g
Carbo 4 g
Fiber <1 g
T Fat 8 g
Chol 16 mg
Sod 109 mg

1/2 cup butter, softened
8 ounces sharp Cheddar cheese, shredded
1 cup flour
2 teaspoons garlic powder
1/2 teaspoon salt
3/4 cup finely chopped pecans
1/4 teaspoon Tabasco sauce

Combine butter and cheese in bowl; mix well. Add flour, garlic powder, salt, pecans and Tabasco sauce; mix well. Shape into long roll; wrap in waxed paper. Chill for 3 to 4 hours. Cut into 1/8-inch slices; place on ungreased baking sheet. Bake at 350 degrees for 10 to 15 minutes or until set but not brown. This recipe may be reduced or increased.

Scottish Rite Hospital

Sugared Peanuts

Yield:
8 servings
Utensil:
skillet
Approx Per Serving:
Cal 307
Prot 9 g
Carbo 32 g
Fiber 3 g
T Fat 18 g
Chol 0 mg
Sod 4 mg

1 cup sugar
1/2 cup water
2 cups raw peanuts

Combine sugar and water in large skillet. Stir in peanuts. Cook until all moisture is absorbed. Spread on greased baking sheet. Bake at 350 degrees for 15 minutes. May add several drops of red food coloring to skillet if desired.

Billie Weis

Great Spiced Pecans

Yield:
10 servings
Utensil:
saucepan
Approx Per Serving:
Cal 277
Prot 2 g
Carbo 26 g
Fiber 2 g
T Fat 20 g
Chol 0 mg
Sod 54 mg

1 cup sugar
1/2 cup water
1 teaspoon cinnamon
1/4 teaspoon salt
1 teaspoon vanilla extract
2 1/2 cups pecan halves

Combine sugar, water, cinnamon and salt in saucepan. Cook over medium heat to 230 to 234 degrees on candy thermometer, spun-thread stage; remove from heat. Stir in vanilla and pecan halves, coating well. Spread on waxed paper to cool.

Sharon Rodden

Scramble

Yield:
50 servings
Utensil:
large roasting pan
Approx Per Serving:
Cal 332
Prot 6 g
Carbo 24 g
Fiber 3 g
T Fat 25 g
Chol 0 mg
Sod 551 mg

1 pound cashews
1 pound mixed nuts
1 pound pecan halves
1 12-ounce package wheat Chex
1 12-ounce package round oat cereal
2 8-ounce packages pretzel sticks
2 cups oil
1 teaspoon garlic salt
1 tablespoon seasoned salt

Combine cashews, mixed nuts, pecans, cereals, pretzels, oil, garlic salt and seasoned salt in large roasting pan; mix gently with wooden spoon. Bake at 250 degrees for 2 hours, stirring every 15 minutes. Cool to room temperature. Store in airtight container. May substitute sesame sticks for round oat cereal and rice Chex for wheat Chex if preferred.

Jolene Reeves

TRASH

Yield:
50 servings
Utensil:
roasting pan
Approx Per Serving:
Cal 266
Prot 6 g
Carbo 27 g
Fiber 3 g
T Fat 16 g
Chol 13 mg
Sod 552 mg

1 12-ounce package round oat cereal
1 12-ounce package rice Chex
1 12-ounce package corn Chex
1 16-ounce package pretzel bits
1 16-ounce jar peanuts
1 pound pecans
1/2 cup margarine
1/2 cup bacon drippings
1 tablespoon garlic salt
Worcestershire sauce and Tabasco sauce to taste

Combine cereals, pretzels, peanuts and pecans in large roasting pan. Melt margarine with bacon drippings in saucepan. Add garlic salt, Worcestershire sauce and Tabasco sauce; mix well. Add to cereal mixture; mix well. Bake at 300 degrees for 1 hour or until crisp. Cool to room temperature. Store in airtight container for up to 1 month.

Dorothy Abbott

TEXAS TRASH

Yield:
30 servings
Utensil:
2 baking pans
Approx Per Serving:
Cal 252
Prot 4 g
Carbo 13 g
Fiber 1 g
T Fat 21 g
Chol 0 mg
Sod 596 mg

3 cups rice Chex
3 cups corn Chex
1 6-ounce package Bugles
4 cups small pretzels
2 cups peanuts
2 cups oil
2 tablespoons Worcestershire sauce
2 tablespoons Tabasco sauce
1 tablespoon garlic salt
1 tablespoon seasoned salt

Combine cereals, Bugles, pretzels and peanuts in large bowl. Combine oil, Worcestershire sauce, Tabasco sauce, garlic salt and seasoned salt in bowl. Add to cereal mixture; mix well. Spread in two 9x13-inch baking pans. Bake at 275 degrees for 1 1/2 hours, stirring every 20 minutes. Spread on paper towels to cool. Store in airtight container.

Mike Hart

BEVERAGES

Champagne Punch

Yield:
75 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 90
Prot <1 g
Carbo 18 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 5 mg

3 quarts pineapple juice
1½ cups lemon juice
⅓ cup lime juice
3 cups orange juice
2½ cups sugar
2 cups strawberries
3 fifths of Champagne, chilled
12 cups ginger ale, chilled

Combine pineapple juice, lemon juice, lime juice and orange juice in large container. Add sugar; stir until sugar dissolves. Chill until serving time. Pour into punch bowl. Add strawberries, Champagne and ginger ale just before serving. Ladle into punch cups.

Jane Whitten

Spiced Cranberry Punch

Yield:
12 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 154
Prot <1 g
Carbo 25 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 7 mg

½ cup sugar
1 cup water
½ teaspoon whole cloves
3 2-inch cinnamon sticks
½ cup lemon juice
2 cups cranberry juice cocktail
1 cup orange juice
4 cups ginger ale, chilled
1 fifth of rum

Dissolve sugar in water in saucepan. Add cloves and cinnamon sticks. Bring to a boil. Boil for 5 minutes. Strain into pitcher. Let stand until cool. Add lemon juice, cranberry juice and orange juice. Chill overnight or until serving time. Pour over ice in punch bowl. Add ginger ale and rum just before serving. Garnish with floating lemon and orange slices studded with whole cloves. Ladle into punch cups. May substitute vodka for rum.

Peggy Harber

Gold Punch

Yield:
35 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 67
Prot <1 g
Carbo 17 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 1 mg

2½ cups sugar
1 tablespoon citric acid
1 gallon water
1 24-ounce bottle of white grape juice

Dissolve sugar and citric acid in water in large container. Add grape juice; mix well. Chill until serving time. Pour over ice in punch bowl. Ladle into punch cups.

Nelda Fender

Piña Colada Slush

Yield:
50 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 95
Prot 1 g
Carbo 7 g
Fiber <1 g
T Fat 6 g
Chol 0 mg
Sod 5 mg

1 20-ounce can crushed pineapple
2 15-ounce cans cream of coconut
1½ cups light rum
1 46-ounce can pineapple juice
1 32-ounce bottle of club soda, chilled

Combine pineapple and cream of coconut in blender container. Process until smooth. Blend mixture with rum and pineapple juice in large freezer container. Freeze, covered, overnight. Let stand at room temperature for 30 minutes to 1 hour or until slushy. Spoon into punch bowl. Stir in club soda gradually. Garnish with pineapple chunks and maraschino cherries.

Janice Palmeri

Really Good Punch

Yield:
20 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 142
Prot <1 g
Carbo 36 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 8 mg

1 6-ounce can frozen lemonade concentrate
1 6-ounce can frozen orange juice concentrate
1 envelope unsweetened cherry drink mix
1 envelope unsweetened strawberry drink mix
2 cups sugar
2 quarts cold water
1 liter 7-Up, chilled

Let lemonade and orange juice concentrates stand at room temperature until slightly thawed. Dissolve drink mixes and sugar in cold water in large container. Add lemonade and orange juice concentrates; rinse cans with a small amount of cold water. Stir until well mixed. Chill in refrigerator. Pour into punch bowl. Add 7-Up 30 minutes before serving; mix gently. Ladle into punch cups. May color coordinate for any occasion by changing flavor of drink mix. May substitute Sprite or ginger ale for 7-Up.

Doris Erickson

Purple Punch

Yield:
25 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 96
Prot 1 g
Carbo 23 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 3 mg

12 ice cubes
8 cups ginger ale, chilled
2 cups grape juice, chilled
4 cups orange juice, chilled
2 oranges

Place ice cubes in punch bowl. Pour ginger ale and juices over ice cubes; mix gently. Peel oranges; slice into rounds. Float orange rounds on top of punch. Ladle into punch cups.

Stacie Echols

Homemade Kahlua

Yield:
30 servings
Utensil:
1/2-gallon jar
Approx Per Serving:
Cal 175
Prot 0 g
Carbo 27 g
Fiber 0 g
T Fat 0 g
Chol 0 mg
Sod 1 mg

4 cups sugar
4 cups water
1 vanilla bean, split
1 fifth of 100-proof vodka

Combine sugar and water in saucepan. Bring to a boil, stirring until sugar dissolves; reduce heat. Simmer for 40 minutes. Cool. Place vanilla bean in 1/2-gallon jar. Add vodka and sugar syrup; mix well. Let stand in closed jar for 21 days or longer. Mix about 1/4 cup Kahlua with hot milk in mug to serve on cold nights and holidays.

Margaret Smith

Orange Breakfast Nog

Yield:
2 servings
Utensil:
blender
Approx Per Serving:
Cal 131
Prot 5 g
Carbo 26 g
Fiber <1 g
T Fat <1 g
Chol 2 mg
Sod 64 mg

1 cup skim milk
1/4 cup frozen orange juice concentrate, partially thawed
1 tablespoon sugar
1 teaspoon vanilla extract
4 ice cubes

Combine skim milk, orange juice concentrate, sugar, vanilla and ice cubes in blender container. Process until well blended and frothy. Pour into tall glasses.

Elizabeth Swink

Barbara's Hot Spiced Punch

Yield:
10 servings
Utensil:
coffee pot
Approx Per Serving:
Cal 209
Prot <1 g
Carbo 52 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 9 mg

5 cups cranberry juice cocktail
5 cups unsweetened pineapple juice
1/3 cup sugar
1/2 cup packed brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon nutmeg
10 lemon slices
10 whole cloves

Pour cranberry juice and pineapple juice into coffee pot. Mix sugar, brown sugar, cinnamon, cloves and nutmeg in small bowl. Spoon into grounds basket of coffee pot. Perk as for coffee. Stud each lemon slice with 1 whole clove. Garnish cups with lemon slices.

Louise Creel

Wassail

Yield:
10 servings
Utensil:
Crock•Pot
Approx Per Serving:
Cal 265
Prot <1 g
Carbo 54 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 8 mg

8 cups apple juice
4 cups cranberry juice cocktail
3/4 cup sugar
2 cinnamon sticks
1 teaspoon whole cloves
1 small orange, sliced
1 cup rum

Combine apple juice and cranberry juice in Crock•Pot. Add sugar; stir until sugar dissolves. Add cinnamon sticks, cloves, orange and rum. Heat on High for 1 hour. Reduce to Low. Cook until heated to serving temperature. Ladle into punch cups. Serve from Crock•Pot to keep hot.

Wanda Pickard

Hot Cocoa Mix

Yield:
15 servings
Utensil:
large bowl
Approx Per Serving:
Cal 80
Prot 2 g
Carbo 15 g
Fiber 1 g
T Fat 2 g
Chol 2 mg
Sod 24 mg

2 cups nonfat dry milk
3/4 cup sugar
1/2 cup baking cocoa
1/2 cup dry nondairy coffee creamer
Salt to taste

Combine dry milk powder, sugar, cocoa and dry creamer in large bowl; mix well. Store in tightly covered container. Spoon 2 to 3 tablespoons mix into cup. Add desired amount of boiling water; stir until dissolved. This is nice to give as gifts.

Anne Raabe

Instant Hot Chocolate

Yield:
100 servings
Utensil:
large bowl
Approx Per Serving:
Cal 181
Prot 12 g
Carbo 29 g
Fiber <1 g
T Fat 2 g
Chol 6 mg
Sod 210 mg

1 12-quart package nonfat dry milk
1 16-ounce jar nondairy coffee creamer
6 cups confectioners' sugar
1 16-ounce can instant chocolate drink mix

Combine dry milk powder, dry creamer, confectioners' sugar and chocolate drink mix in large bowl; mix well. Store in airtight container. Spoon 5 teaspoons mix into cup. Add boiling water; stir until dissolved. Garnish with marshmallows. May add additional confectioners' sugar if desired.

Gail King

Instant Spiced Tea

Yield:
80 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 70
Prot 0 g
Carbo 18 g
Fiber 0 g
T Fat 0 g
Chol 0 mg
Sod 5 mg

2¼ cups sugar
2 cups Tang
¾ cup instant tea
1 teaspoon cloves
2 teaspoons cinnamon
1 envelope lemonade drink mix

Combine sugar, Tang, instant tea, cloves, cinnamon and lemonade drink mix in medium bowl; mix well. Store in airtight container. Spoon 2 to 3 teaspoons mix into cup. Add boiling water; stir until dissolved.

Bonnie Ferguson

Spiced Tea Mix

Yield:
30 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 123
Prot <1 g
Carbo 31 g
Fiber 0 g
T Fat <1 g
Chol 0 mg
Sod 11 mg

1 1-ounce jar instant tea
1 envelope sweetened lemonade drink mix
1 26-ounce jar Tang
2 teaspoons cinnamon
1 teaspoon cloves
1 4-ounce package red hot cinnamon candies

Combine instant tea, lemonade drink mix, Tang, cinnamon and cloves in medium bowl; mix well. Stir in cinnamon candies. Store in airtight container. Spoon 2 to 3 teaspoons mix into cup. Stir in boiling water.

Lindie Buck, Nelda Fender

SOUPS

Broccoli Soup

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 399
Prot 17 g
Carbo 18 g
Fiber 2 g
T Fat 30 g
Chol 69 mg
Sod 1612 mg

3 10-ounce cans cream of mushroom soup
3 soup cans milk
2 10-ounce packages frozen chopped broccoli, thawed
3 tablespoons butter
1 6-ounce stick garlic cheese
1 6-ounce stick jalapeño cheese

Combine soup and milk in saucepan. Heat until well blended, stirring frequently. Add broccoli and butter. Bring to a simmer, stirring frequently. Chop cheeses. Add to soup. Heat until cheeses melt, stirring occasionally.

Audrey Roberts

Cheese and Vegetable Soup

Yield:
15 servings
Utensil:
soup pot
Approx Per Serving:
Cal 268
Prot 11 g
Carbo 11 g
Fiber 1 g
T Fat 20 g
Chol 43 mg
Sod 1118 mg

1 head cabbage, chopped
1 cup chopped carrots
1 cup chopped celery
1 medium onion, chopped
1/2 cup margarine
8 cups water
5 chicken bouillon cubes
3 potatoes, peeled, chopped
1 to 1 1/2 pounds Velveeta cheese, chopped

Sauté cabbage, carrots, celery and onion in margarine in soup pot for several minutes. Add water, bouillon cubes and potatoes; mix well. Bring to a boil; reduce heat. Simmer, covered, for 30 minutes. Add cheese. Cook for 30 minutes longer, stirring frequently; do not boil soup after adding cheese.

Cheryl Hart

Very Good Chicken Soup

Yield:
12 servings
Utensil:
soup pot
Approx Per Serving:
Cal 199
Prot 22 g
Carbo 17 g
Fiber 4 g
T Fat 5 g
Chol 56 mg
Sod 1061 mg

1 3-pound chicken
1 tablespoon salt
8 cups water
4 ounces ham, cubed
1 large onion, chopped
1 green bell pepper, chopped
2 tablespoons chopped fresh parsley
1 10-ounce package frozen lima beans
1 16-ounce can tomatoes
1 16-ounce can whole kernel corn, drained
1 10-ounce package frozen sliced okra
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon thyme
1 bay leaf
1 1/4 teaspoons hot sauce

Bring chicken, 1 tablespoon salt and water to a boil in saucepan; reduce heat. Simmer, covered, for 1 hour. Drain chicken, reserving broth. Cool chicken completely. Skin, bone and chop chicken coarsely. Combine chicken, 8 cups reserved broth and remaining ingredients in soup pot. Bring to a boil; reduce heat. Simmer, covered, for 2 hours or to desired consistency, stirring frequently and adding additional broth or water if necessary. Discard bay leaf.

Rachel W. Martin

Homemade Beef and Vegetable Soup

Yield:
8 servings
Utensil:
soup pot
Approx Per Serving:
Cal 444
Prot 30 g
Carbo 52 g
Fiber 10 g
T Fat 15 g
Chol 69 mg
Sod 545 mg

1 pound lean ground beef
1 pound lean stew beef, cubed
2 tablespoons oil
1 large onion, chopped
Salt and pepper to taste
1 can beef bouillon
2 16-ounce cans tomato wedges
1 8-ounce can tomato sauce
2 16-ounce cans mixed vegetables
1 16-ounce can whole kernel corn
4 large potatoes, peeled, chopped

Brown ground beef in skillet, stirring until crumbly; drain. Bring stew beef, oil, onion, salt, pepper and water to cover to a boil in soup pot; reduce heat. Simmer, covered, until beef is tender. Stir in bouillon and remaining ingredients. Simmer until potatoes are tender. Stir in ground beef. Heat to serving temperature.

Joyce Porter

Pasta Fagioli

Yield:
8 servings
Utensil:
soup pot
Approx Per Serving:
Cal 539
Prot 16 g
Carbo 58 g
Fiber 3 g
T Fat 28 g
Chol 0 mg
Sod 1609 mg

1 pound dried Great Northern beans
4 quarts water
1 cup olive oil
3 tablespoons minced garlic
2 tablespoons tomato paste
2 tablespoons salt
1/2 teaspoon basil
1/2 teaspoon oregano
8 ounces uncooked ditalini
Freshly grated Parmesan cheese
Freshly ground pepper

Combine beans and water in soup pot. Bring to a boil over high heat. Boil for 15 minutes. Add olive oil, garlic, tomato paste, salt, basil and oregano; mix well. Boil for 1 1/4 hours or until beans are tender, stirring frequently and adding additional water as necessary. Cook ditalini using package directions. Stir into soup. Add desired amount of cheese and pepper just before serving.

Nutritional information does not include cheese.

Lou Coglianese

Chilled Sweet Pepper Soup

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 355
Prot 9 g
Carbo 13 g
Fiber 2 g
T Fat 31 g
Chol 80 mg
Sod 756 mg

2 medium carrots, chopped
1 large onion, chopped
1 tablespoon margarine
1 1/4 cups chicken broth
1 yellow bell pepper, chopped
1/2 teaspoon salt
3 ounces cream cheese, softened
Red pepper and nutmeg to taste
1/2 cup milk
1/2 cup sour cream
1 to 2 tablespoons milk

Sauté carrots and onion in margarine in saucepan for 10 minutes or until tender. Stir in chicken broth. Bring to a boil over medium-high heat. Stir in yellow pepper; reduce heat. Simmer, covered, for 15 minutes or until pepper is tender. Cool slightly. Add salt, cream cheese, red pepper and nutmeg; stir until cheese melts. Process in blender until smooth. Chill, covered, for 4 hours to 4 days. Blend 1/2 cup milk into soup. Ladle into soup bowls. Blend sour cream with enough milk to thin to desired consistency. Drizzle circle over surface of soup; cut with knife to make spokes in the manner of a spider web. Serve immediately.

Joyce Stewart

TRY

Potato Soup

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 369
Prot 10 g
Carbo 47 g
Fiber 3 g
T Fat 16 g
Chol 42 mg
Sod 391 mg

4 cups chopped peeled potatoes
1½ cups water
½ cup chopped onion
½ cup chopped celery
1 tablespoon instant chicken bouillon
1 cup milk
1 cup sour cream
2 tablespoons flour
1 cup milk
2 tablespoons chopped chives
Salt and pepper to taste

Combine potatoes, water, onion, celery and bouillon in saucepan. Bring to a boil; reduce heat. Simmer, covered, for 20 minutes. Stir in 1 cup milk. Blend sour cream and flour in bowl. Stir into soup. Cook until thickened, stirring constantly. Add 1 cup milk, chives, salt and pepper; mix well. Heat to serving temperature.

Inez Dorsey

Cheesy Potato Soup

Yield:
8 servings
Utensil:
soup pot
Approx Per Serving:
Cal 518
Prot 14 g
Carbo 38 g
Fiber 3 g
T Fat 36 g
Chol 58 mg
Sod 967 mg

8 large potatoes, peeled, chopped
4 cups water
2 chicken bouillon cubes
½ cup margarine
8 ounces Velveeta cheese, chopped
2 cups sour cream
1 cup chopped green onion tops
Salt and pepper to taste
8 slices crisp-fried bacon, crumbled

Combine potatoes, water and bouillon cubes in soup pot. Cook, covered, until potatoes are tender. Add margarine, cheese, sour cream, green onion tops, salt and pepper; mix well. Heat until cheese melts, stirring frequently. Ladle into soup bowls. Sprinkle bacon on top.

Wanda Burson

Special Potato Soup

Yield:
10 servings
Utensil:
soup pot
Approx Per Serving:
Cal 200
Prot 7 g
Carbo 26 g
Fiber 2 g
T Fat 8 g
Chol 19 mg
Sod 870 mg

2 stalks celery, sliced
1 medium onion, chopped
2 tablespoons margarine
6 medium potatoes, peeled, chopped
2 carrots, sliced
3 cups water
5 chicken bouillon cubes
3/4 teaspoon seasoned salt
1/2 teaspoon thyme
1/2 teaspoon rosemary
Garlic powder and pepper to taste
2 cups milk
1 cup shredded Cheddar cheese

Sauté celery and onion in margarine in soup pot until tender. Add potatoes, carrots, water, bouillon cubes, seasoned salt, thyme, rosemary, garlic powder and pepper; mix well. Bring to a boil; reduce heat. Simmer, covered, for 20 minutes or until vegetables are tender. Stir in milk and cheese. Cook until cheese melts, stirring constantly.

Dorothy Balthrop

Sausage Chowder

Yield:
8 servings
Utensil:
soup pot
Approx Per Serving:
Cal 356
Prot 13 g
Carbo 27 g
Fiber 9 g
T Fat 22 g
Chol 37 mg
Sod 1032 mg

2 pounds sausage
3 cups canned tomatoes
1 large onion, chopped
3 cups cooked pinto beans
4 cups water
2 bay leaves
1 1/2 teaspoons salt
1/2 teaspoon thyme
1/2 teaspoon garlic salt
1/4 teaspoon pepper
1 cup chopped peeled potatoes
1 cup chopped green bell pepper

Brown sausage in skillet, stirring until crumbly; drain. Combine sausage, tomatoes, onion, pinto beans, water and seasonings in soup pot. Simmer, covered, for 1 hour. Add potatoes and green pepper. Simmer, covered, until potatoes and green pepper are tender. Discard bay leaves. Serve with hot corn bread.

Barbara Downs

Sausage and Bean Chowder

Yield:
6 servings
Utensil:
soup pot
Approx Per Serving:
Cal 345
Prot 14 g
Carbo 40 g
Fiber 13 g
T Fat 15 g
Chol 24 mg
Sod 1421 mg

1 pound sausage
2 16-ounce cans kidney beans
1 16-ounce can tomatoes
1 large onion, chopped
1/2 green bell pepper, chopped
1 bay leaf
1 1/2 teaspoons seasoned salt
1/2 teaspoon thyme
1/4 teaspoon pepper
Chili powder and cumin to taste
4 cups water
2 cups chopped peeled potatoes

Brown sausage in skillet, stirring until crumbly; drain. Combine sausage with beans, tomatoes, onion, green pepper, seasonings and water in soup pot. Bring to a boil; reduce heat. Simmer, covered, for 1 hour. Add potatoes. Simmer, covered, for 20 minutes or until potatoes are tender. Discard bay leaf.

Sharon Chapman

Bill Martin's Shrimp Gumbo

Yield:
10 servings
Utensil:
soup pot
Approx Per Serving:
Cal 392
Prot 38 g
Carbo 24 g
Fiber 3 g
T Fat 17 g
Chol 338 mg
Sod 1233 mg

1 1/2 cups chopped celery
1 cup chopped green onions
1/4 cup chopped fresh parsley
1/2 cup chopped green bell pepper
2 cups sliced okra
1/2 cup butter
1/2 cup water
1 cup tomato juice
1 20-ounce can whole tomatoes
1 24-ounce can cream of mushroom soup
1 4-ounce can mushroom pieces
2 cups cooked rice
3 cups cooked shrimp
1 teaspoon black pepper
1/2 teaspoon red pepper
1 teaspoon filé

Sauté celery, green onions, parsley, green pepper and okra in butter and water in soup pot until tender. Add tomato juice, tomatoes, soup, mushrooms, rice and shrimp; mix well. Bring to a simmer. Add seasonings; mix well. Simmer for 5 minutes longer.

Pam Ballew

Shrimp Gumbo

Yield:
15 servings
Utensil:
soup pot
Approx Per Serving:
Cal 436
Prot 39 g
Carbo 18 g
Fiber 4 g
T Fat 23 g
Chol 361 mg
Sod 586 mg

1/2 cup oil
3/4 cup flour
2 green bell peppers, chopped
2 onions, chopped
Chopped celery top
5 or 6 cloves of garlic, chopped
2 6-ounce cans tomato paste
3 14-ounce cans okra
Salt, black pepper and red pepper to taste
5 pounds peeled shrimp, deveined
1 to 2 pounds smoked sausage, cut into 1/2-inch pieces
2 6-ounce cans crab meat, drained

Blend oil and flour in skillet. Cook over medium heat until very brown, stirring constantly. Add green peppers, onions, celery top and garlic. Sauté in brown roux for several minutes. Combine with tomato paste and okra in soup pot. Rinse okra and tomato paste cans with water and add to soup pot. Add desired amount of water and seasonings; mix well. Simmer, covered, for 1 hour. Add shrimp, sausage and crab meat. Simmer, covered, for 30 minutes. Serve with chopped green onions, hard-boiled eggs and filé seasoning.

Dixie Bordelon

Taco Soup

Yield:
8 servings
Utensil:
soup pot
Approx Per Serving:
Cal 427
Prot 31 g
Carbo 30 g
Fiber 6 g
T Fat 22 g
Chol 89 mg
Sod 1234 mg

1 1/2 pounds ground beef
1/2 cup chopped onion
1 28-ounce can whole tomatoes
1 14-ounce can kidney beans
1 17-ounce can whole kernel corn
1 8-ounce can tomato sauce
1 envelope taco seasoning mix
Salt and pepper to taste
1 to 2 cups water
1 cup shredded Cheddar cheese

Brown ground beef in soup pot, stirring until crumbly; drain. Add onion. Cook until tender, stirring occasionally. Add undrained tomatoes, beans and corn. Stir in tomato sauce, taco seasoning mix, salt, pepper and enough water to make of desired consistency. Simmer, covered, for 30 minutes. Ladle into soup bowls. Top with cheese.

Georgia Helfert

SALADS

Apricot Salad

Yield:
10 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 302
Prot 5 g
Carbo 47 g
Fiber 2 g
T Fat 13 g
Chol 1 mg
Sod 72 mg

2 3-ounce packages apricot gelatin
2/3 cup sugar
2/3 cup water
2 4-ounce jars apricot baby food
1 20-ounce can crushed pineapple
1 cup plain yogurt
1 1/2 cups chopped pecans

Combine gelatin, sugar and water in saucepan. Bring to a boil, stirring constantly until gelatin and sugar dissolve; remove from heat. Stir in baby food and undrained pineapple. Let stand until cool. Add yogurt and pecans; mix well. Pour into bowl. Chill until firm.

Thelma Wheeler

Buttermilk Fruit Salad

Yield:
30 servings
Utensil:
large bowl
Approx Per Serving:
Cal 157
Prot 2 g
Carbo 24 g
Fiber 1 g
T Fat 7 g
Chol 1 mg
Sod 91 mg

2 4-ounce packages vanilla instant pudding mix
4 cups buttermilk
16 ounces whipped topping
1 20-ounce can fruit cocktail, drained
1 20-ounce can pineapple chunks, drained
2 11-ounce cans mandarin oranges, drained
1 cup pecan halves

Prepare pudding mix according to package directions using buttermilk in large bowl. Add whipped topping; mix well. Fold in fruit cocktail, pineapple and mandarin oranges. Fold in pecans. Spoon into airtight container. Chill until serving time or up to 1 week. May add additional fruit cocktail if desired.

Carol Golliher

Surprise Buttermilk Salad

Yield:
12 servings
Utensil:
mixer bowl
Approx Per Serving:
Cal 290
Prot 3 g
Carbo 44 g
Fiber 1 g
T Fat 12 g
Chol 25 mg
Sod 211 mg

1 4-ounce package vanilla instant pudding mix
1½ cups buttermilk
3 cups whipped topping
1 16-ounce can pineapple tidbits
1 11-ounce can mandarin oranges
1 12-ounce package chocolate striped shortbread cookies

Combine pudding mix and buttermilk in mixer bowl. Beat at low speed for 1 minute. Fold in whipped topping. Drain fruit well. Fold into pudding mixture. Cut each cookie into 6 pieces. Fold into mixture gently. Chill until serving time.

Bernell Caldwell

Cranberry Fruit Salad

Yield:
15 servings
Utensil:
large bowl
Approx Per Serving:
Cal 179
Prot 2 g
Carbo 39 g
Fiber 2 g
T Fat 3 g
Chol 0 mg
Sod 37 mg

1 12-ounce package fresh cranberries, ground
1½ cups sugar
2 3-ounce packages red gelatin
2 cups boiling water
1 8-ounce can crushed pineapple
2 medium apples, chopped
½ cup chopped pecans

Combine cranberries and sugar in bowl; mix well. Dissolve gelatin in boiling water in bowl. Add cranberries, pineapple, apples and pecans; mix well. Chill until firm. May substitute pears for apples. May substitute artificial sweetener for sugar.

Mary E. Dorough

Molded Cranberry Salad

Yield:
8 servings
Utensil:
small molds
Approx Per Serving:
Cal 383
Prot 4 g
Carbo 66 g
Fiber 3 g
T Fat 14 g
Chol 13 mg
Sod 80 mg

2 cups cranberries
1 1/2 cups sugar
1 cup water
1 1/2 envelopes unflavored gelatin
1/2 cup cold water
1/2 cup chopped celery
1/2 cup chopped apple
1/2 cup ground orange with rind
3/4 cup chopped pecans
1 cup sour cream
1 10-ounce package frozen strawberries, thawed

Cook cranberries with sugar in 1 cup water in saucepan until cranberries pop; remove from heat. Soften gelatin in cold water in small bowl. Add to hot cranberry mixture; mix until gelatin dissolves. Let stand until cool. Stir in celery, apple, orange and pecans. Spoon into molds. Chill until firm. Unmold onto salad plates. Combine sour cream and strawberries in small mixer bowl; beat until blended. Spoon over salads.

Edna Estill

Festive Christmas Cranberry Salad

Yield:
8 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 281
Prot 2 g
Carbo 35 g
Fiber 3 g
T Fat 16 g
Chol 41 mg
Sod 25 mg

1 12-ounce package fresh cranberries
1/2 cup sugar
1 8-ounce can crushed pineapple, drained
1 cup whipping cream
1 1/2 to 2 cups miniature marshmallows
1/2 cup chopped pecans

Process cranberries in food processor. Combine with sugar and drained pineapple in bowl; mix well. Chill, tightly covered, overnight. Whip cream in mixer bowl until soft peaks form. Fold into cranberry mixture. Fold in marshmallows and pecans. Chill for 4 to 6 hours.

Debbie Fox

Creamy Dreamy Salad

Yield:
8 servings
Utensil:
medium mold
Approx Per Serving:
Cal 273
Prot 3 g
Carbo 29 g
Fiber 1 g
T Fat 17 g
Chol 13 mg
Sod 142 mg

1 3-ounce package lime gelatin
2/3 cup boiling water
1 5-ounce can evaporated milk
14 large marshmallows
1/2 cup mayonnaise
1 teaspoon lemon juice
1 8-ounce can crushed pineapple
1/2 cup chopped pecans

Combine gelatin, boiling water, evaporated milk and marshmallows in saucepan. Heat over low heat until smooth, stirring constantly. Let stand until cool. Combine mayonnaise, lemon juice and pineapple in bowl; mix well. Stir into gelatin mixture. Stir in pecans. Spoon into lightly greased gelatin mold. Chill until firm. Unmold onto serving plate.

Severna Worley

Glazed Fruit Salad

Yield:
8 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 154
Prot 1 g
Carbo 40 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 98 mg

1 16-ounce can apricot halves
1 15-ounce can pineapple tidbits
1 4-ounce package vanilla pudding and pie filling mix
1 large banana

Drain apricots and pineapple, reserving juices; place drained fruit in bowl. Add enough water to reserved juices to measure 1 1/2 cups. Combine juices and pudding mix in saucepan; mix well. Bring to a boil, stirring constantly; remove from heat. Place saucepan in larger pan of cold water. Let stand until cool. Pour over fruit in bowl; mix well. Chill until serving time. Slice banana very thin; stir into salad just before serving.

Mary Beth Burns

Seven-Fruit Salad

Yield:
20 servings
Utensil:
large bowl
Approx Per Serving:
Cal 128
Prot 1 g
Carbo 33 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 60 mg

1 16-ounce can pineapple chunks
1 16-ounce can pear halves
1 16-ounce can apricot halves
1 11-ounce can mandarin oranges
1 4-ounce bottle of maraschino cherries
1 6-ounce package vanilla instant pudding mix
5 bananas
1/4 cup lemon juice

Drain canned fruit, reserving juices. Cut fruit into bite-sized pieces; place in large bowl. Prepare pudding mix with reserved fruit juices using package directions. Slice bananas and coat with lemon juice to prevent browning. Add to fruit mixture. Add pudding; stir gently to coat. Chill for 8 hours to overnight.

Mickey Balthrop

Frozen Fruit Salad

Yield:
24 servings
Utensil:
muffin pan
Approx Per Serving:
Cal 218
Prot 2 g
Carbo 30 g
Fiber 1 g
T Fat 11 g
Chol 9 mg
Sod 15 mg

6 bananas
1/4 cup lemon juice
1 20-ounce can crushed pineapple, drained
1 cup chopped maraschino cherries
1 cup chopped pecans, toasted
1 1/2 cups sugar
2 cups sour cream
12 ounces whipped topping

Slice bananas; place in large bowl. Add lemon juice; mix to coat. Add pineapple, maraschino cherries, pecans, sugar, sour cream and whipped topping; mix well. Spoon into paper-lined muffin cups. Freeze until firm. Remove from muffin cups; store in airtight containers. Remove paper cups before serving.

Gerald Gassett

Lime Pineapple Salad

Yield:
6 servings
Utensil:
gelatin mold
Approx Per Serving:
Cal 207
Prot 4 g
Carbo 24 g
Fiber 1 g
T Fat 15 g
Chol 16 mg
Sod 90 mg

1 cup crushed pineapple
3/4 cup water
1 3-ounce package lime gelatin
3 ounces cream cheese, softened
1/2 cup whipping cream
1/3 cup chopped walnuts

Drain pineapple, reserving juice. Combine reserved juice, water and gelatin in small saucepan. Heat until gelatin dissolves, stirring frequently. Add hot mixture to cream cheese in bowl gradually, mixing until smooth. Chill until partially set. Whip whipping cream in mixer bowl until soft peaks form. Fold whipped cream, pineapple and walnuts into gelatin mixture. Pour into 3½-cup mold. Chill until firm. Unmold onto serving plate.

Mary Ellen Wheeler

Lime Refresher Salad

Yield:
10 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 87
Prot 1 g
Carbo 22 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 28 mg

1 3-ounce package lime gelatin
1 cup boiling water
1 20-ounce can juice-pack pineapple chunks
2 large bananas

Dissolve gelatin in boiling water in bowl. Add undrained pineapple. Let stand until slightly cooled. Cut bananas into chunks; add to gelatin mixture. Chill until firm. Serve on lettuce-lined salad plates. Garnish with dollop of mayonnaise-type salad dressing.

Betty Pollock

Mountain Dew Salad

Yield:
12 servings
Utensil:
dish
Approx Per Serving:
Cal 279
Prot 4 g
Carbo 55 g
Fiber 1 g
T Fat 6 g
Chol 5 mg
Sod 154 mg

3 3-ounce packages lemon gelatin
2 cups boiling water
1 cup cold water
1 12-ounce can Mountain Dew, chilled
1 20-ounce can crushed pineapple
4 bananas, chopped
1 4-ounce package lemon instant pudding mix
1¾ cups milk
8 ounces whipped topping

Dissolve gelatin in boiling water in bowl. Add cold water and Mountain Dew. Chill until partially set. Add pineapple and bananas to gelatin mixture; mix well. Pour into 9x13-inch dish. Chill until firm. Prepare pudding mix with milk using package directions. Chill until set. Fold in whipped topping. Spread over gelatin layer. Chill until serving time.

Eloise Taylor

Layered Strawberry Gelatin Salad

Yield:
12 servings
Utensil:
glass dish
Approx Per Serving:
Cal 163
Prot 3 g
Carbo 26 g
Fiber 1 g
T Fat 6 g
Chol 13 mg
Sod 61 mg

1 6-ounce package strawberry gelatin
2 cups boiling water
1 8-ounce can crushed pineapple
3 bananas, mashed
1 10-ounce package frozen strawberries, thawed
1½ cups sour cream

Dissolve gelatin in boiling water in bowl. Combine pineapple, bananas and strawberries in bowl; mix well. Add to gelatin. Pour half the mixture into glass dish. Chill until firm. Spread sour cream evenly over congealed layer. Spoon remaining gelatin mixture over sour cream layer. Chill until firm. Garnish with pineapple rings.

Mayra J. Miller-Stiles

Artichoke Chicken Salad

Yield:
10 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 570
Prot 12 g
Carbo 8 g
Fiber 3 g
T Fat 56 g
Chol 64 mg
Sod 605 mg

5 chicken breasts
1 8-ounce can water chestnuts, drained, chopped
1 13-ounce jar marinated artichoke hearts, drained, chopped
1 package chicken Rice-A-Roni
1/2 cup chopped green bell pepper
1/2 cup chopped celery
2 tablespoon grated onion
2 1/2 to 3 cups mayonnaise

Cook chicken breasts as desired; cool, bone and chop. Combine with water chestnuts and artichoke hearts in bowl. Prepare Rice-A-Roni using package directions; cool. Add to chicken mixture. Add green pepper, celery, onion and desired amount of mayonnaise; mix gently. Chill until serving time.

Nutritional information does not include Rice-A-Roni.

Miriam Tittle

Chicken Cranberry Salad

Yield:
8 servings
Utensil:
glass dish
Approx Per Serving:
Cal 290
Prot 12 g
Carbo 36 g
Fiber 2 g
T Fat 12 g
Chol 37 mg
Sod 491 mg

1 envelope unflavored gelatin
1/4 cup cold water
1 16-ounce can whole cranberry sauce
1 9-ounce can crushed pineapple
1 tablespoon lemon juice
2 cups chopped cooked chicken
1/2 cup chopped celery
2 tablespoons parsley
1 envelope unflavored gelatin
1/4 cup cold water
1 cup mayonnaise-type salad dressing
3 tablespoons lemon juice
3/4 teaspoon salt

Soften 1 envelope gelatin in 1/4 cup cold water in bowl. Heat over hot water until dissolved, stirring constantly. Add cranberry sauce, pineapple, 1 tablespoon lemon juice, chicken, celery and parsley; mix well. Pour into lightly greased dish. Chill until firm. Soften 1 envelope gelatin in 1/4 cup cold water in bowl. Heat over hot water until dissolved, stirring constantly. Add 3 tablespoons lemon juice and salt; mix well. Pour over congealed layer. Chill until firm.

Opal Sudduth

Marinated Crab Salad

Yield:
10 servings
Utensil:
large bowl
Approx Per Serving:
Cal 269
Prot 11 g
Carbo 6 g
Fiber 2 g
T Fat 23 g
Chol 51 mg
Sod 636 mg

1 cup cauliflowerets
6 crabs, boiled
1 large onion, quartered and sliced
3 carrots, thinly sliced
2 stalks celery, sliced
1 green bell pepper, sliced
10 cloves of garlic
1/2 envelope Italian salad dressing mix
1 cup olive oil
1/4 cup wine vinegar
1 teaspoon rosemary
3/4 teaspoon oregano
3/4 teaspoon thyme
1 teaspoon MSG
Salt and pepper to taste

Parboil cauliflower for 5 minutes; drain and cool. Remove crab shells, break pieces in half and crack claws; place in bowl. Add vegetables. Peel garlic and cut into halves; add to bowl. Pour mixture of remaining ingredients over salad; mix well. Chill for 24 hours or longer. Remove garlic cloves before serving. May add 1 cup Italian olive salad if desired.

Janice Palmeri

Crab and Pecan Salad

Yield:
6 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 358
Prot 28 g
Carbo 8 g
Fiber 2 g
T Fat 24 g
Chol 130 mg
Sod 682 mg

1/2 cup pecan halves
1/2 cup mayonnaise
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
1/2 cup minced fresh parsley
1/2 cup minced fresh dill
2 tablespoons minced fresh chives
1 1/2 pounds lump crab meat
1 6-ounce package imitation crab meat
1/3 cup thinly sliced celery
1 or 2 heads Boston lettuce

Slice pecan halves lengthwise into 1/8-inch slices; place on baking sheet. Toast at 350 degrees for 10 minutes, tossing frequently. Cool. Blend mayonnaise, lemon juice and mustard in small bowl. Reserve 1 tablespoon parsley, 1 tablespoon dill and 1 teaspoon chives. Stir remaining herbs into mayonnaise mixture. Combine crab meat, imitation crab meat and celery in bowl; fold in mayonnaise mixture. Spoon crab meat mixture onto lettuce-lined plates. Top with pecans and reserved herbs. Garnish with lemon wedges. Serve with California Chardonnay.

Karen Carpenter

Shrimp and Pasta Salad

Yield:
10 servings
Utensil:
large bowl
Approx Per Serving:
Cal 402
Prot 21 g
Carbo 39 g
Fiber 4 g
T Fat 18 g
Chol 133 mg
Sod 262 mg

4 1/2 cups water
1 1/2 pounds unpeeled medium shrimp
16 ounces uncooked linguine
1 6-ounce package frozen snow peas, thawed, drained
4 medium tomatoes, peeled, chopped, drained
6 green onions, chopped
3/4 cup olive oil
1/3 cup wine vinegar
1/4 cup chopped fresh parsley
1 teaspoon oregano
1 1/2 teaspoons basil
1/2 teaspoon garlic salt
1/2 teaspoon coarsely ground pepper

Bring water to a boil in saucepan. Add shrimp. Cook for 3 to 5 minutes or until shrimp turn pink; drain and rinse with cold water. Chill in refrigerator. Peel and devein shrimp. Cook linguine using package directions but omitting salt; drain and rinse with cold water. Place linguine in large bowl. Add shrimp, snow peas, tomatoes, green onions, olive oil, vinegar and seasonings; toss gently until well mixed. Chill, covered, for 2 hours or longer.

Mae Ryon

Mexican Salad

Yield:
8 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 457
Prot 13 g
Carbo 31 g
Fiber 5 g
T Fat 32 g
Chol 52 mg
Sod 864 mg

1 large head lettuce
2 large tomatoes, chopped
1/2 to 1 cup finely chopped onion
1 15-ounce can ranch-style beans, drained
2 cups shredded Cheddar cheese
1 8-ounce bottle of Catalina salad dressing
2 to 3 cups crushed corn chips

Tear lettuce into bite-sized pieces. Combine with tomatoes and onion in salad bowl; toss to mix. Rinse beans in strainer; drain well. Add beans and cheese to lettuce mixture; toss to mix. Chill until serving time. Add salad dressing and corn chips; toss to mix.

Mildred Wesly

Corn Bread Salad

Yield:
20 servings
Utensil:
large bowl
Approx Per Serving:
Cal 170
Prot 4 g
Carbo 16 g
Fiber 1 g
T Fat 10 g
Chol 82 mg
Sod 239 mg

2 8-inch pans cold corn bread
6 slices crisp-fried bacon
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup chopped celery
6 hard-boiled eggs, sliced
1 cup (or more) mayonnaise-type salad dressing

Crumble corn bread and bacon into large bowl. Add onion, green pepper, celery and eggs. Stir in enough salad dressing to moisten. Chill, covered, for 2 hours.

Pat Moseley

Confetti Corn Bread Salad

Yield:
10 servings
Utensil:
large bowl
Approx Per Serving:
Cal 272
Prot 3 g
Carbo 14 g
Fiber 1 g
T Fat 22 g
Chol 30 mg
Sod 293 mg

1 8-inch pan cold corn bread
6 slices crisp-fried bacon
1/2 cup finely chopped green onions with tops
1/2 cup chopped celery
2 tablespoons chopped pimento
1 medium tomato, chopped
3/4 to 1 cup mayonnaise
Salt and pepper to taste

Crumble corn bread and bacon into bowl. Add green onions, celery, pimento, tomato and enough mayonnaise to moisten; mix well. Season with salt and pepper. Chill until serving time.

Gladys Mathias

String Salad

Yield:
20 servings
Utensil:
large bowl
Approx Per Serving:
Cal 168
Prot 3 g
Carbo 16 g
Fiber 2 g
T Fat 11 g
Chol 9 mg
Sod 282 mg

12 ounces uncooked spaghetti
1 16-ounce bottle of Kraft house dressing
2 small summer squash, chopped
2 small zucchini, chopped
1/2 cup sliced black olives
1/2 cup sliced green olives
1/2 cup chopped celery
1/2 cup chopped green bell pepper
2 or 3 green onions, sliced
4 or 5 fresh mushrooms, sliced

Cook spaghetti using package directions; drain and rinse in cold water. Drain well and place in large bowl. Add salad dressing; toss to mix. Add vegetables; toss to mix. Chill until serving time.

Cordelia Green

Vermicelli Salad

Yield:
20 servings
Utensil:
large bowl
Approx Per Serving:
Cal 269
Prot 3 g
Carbo 15 g
Fiber 2 g
T Fat 23 g
Chol 13 mg
Sod 1171 mg

12 ounces uncooked vermicelli
3 tablespoons lemon juice
1/4 cup oil
3 tablespoons seasoned salt
1 can black olives, drained, chopped
1 green bell pepper, chopped
1 bunch green onions, chopped
6 stalks celery, chopped
1 4-ounce jar chopped pimento
2 cups mayonnaise

Cook vermicelli using package directions; drain and rinse with cold water. Drain well and place in large bowl. Add mixture of lemon juice, oil and seasoned salt; toss to mix. Chill for several hours to overnight. Combine vegetables in bowl. Add vermicelli; toss to mix. Add mayonnaise; toss to mix. Chill until serving time.

Georgia Helfert

Rice Salad

Yield:
6 servings
Utensil:
large bowl
Approx Per Serving:
Cal 467
Prot 7 g
Carbo 36 g
Fiber 2 g
T Fat 33 g
Chol 164 mg
Sod 774 mg

3 cups cold cooked rice
1/2 cup finely chopped onion
1/2 cup finely chopped sweet pickles
2 or 3 stalks celery, chopped
1 green bell pepper, chopped
1 teaspoon salt
1/4 teaspoon pepper
1 cup mayonnaise
1 teaspoon prepared mustard
1 2-ounce jar chopped pimento
4 hard-boiled eggs, chopped

Combine rice, onion, pickles, celery and green pepper in large bowl. Add salt, pepper, mayonnaise and mustard; mix well. Add pimento and eggs; mix gently. Chill until serving time. Serve on lettuce-lined plates.

Sallie Bailey

Broccoli Salad

Yield:
20 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 206
Prot 5 g
Carbo 17 g
Fiber 3 g
T Fat 20 g
Chol 13 mg
Sod 194 mg

Flowerets of 2 1/2 pounds fresh broccoli
1 cup raisins
1 pound bacon, crisp-fried, crumbled
2 or 3 green onions, chopped
1 cup chopped celery
1 1/2 cups green grapes
1 3-ounce package slivered almonds
1 cup mayonnaise
1/3 cup sugar
1 tablespoon vinegar

Combine broccoli, raisins, bacon, green onions, celery, grapes and almonds in salad bowl. Blend mayonnaise, sugar and vinegar in small bowl. Add to broccoli mixture; toss to mix. Chill until serving time.

Charline Self

Broccoli and Cauliflower Salad

Yield:
20 servings
Utensil:
large bowl
Approx Per Serving:
Cal 104
Prot 1 g
Carbo 6 g
Fiber 2 g
T Fat 9 g
Chol 3 mg
Sod 105 mg

1 bunch broccoli
1 head cauliflower
2 bunches green onions
1/2 cup bacon bits
1/2 cup mayonnaise
1/3 cup vinegar
1/3 cup oil
1/4 cup sugar
Salt and pepper to taste

Cut broccoli, cauliflower and green onions into bite-sized pieces; place in large salad bowl. Combine bacon bits, mayonnaise, vinegar, oil, sugar, salt and pepper in small bowl; mix well. Pour over vegetable mixture; toss to mix. Chill, covered, overnight.

Mary Holland

Cauliflower and Cottage Cheese Salad

Yield:
10 servings
Utensil:
salad bowl
Approx Per Serving:
Cal 170
Prot 7 g
Carbo 5 g
Fiber 2 g
T Fat 15 g
Chol 13 mg
Sod 620 mg

1 head cauliflower, finely chopped
1 cup finely chopped celery
1/2 cup chopped black olives
1/2 cup chopped stuffed olives
1/2 cup chopped green onions
16 ounces small curd cottage cheese
1/2 cup mayonnaise
Salt and pepper to taste

Combine cauliflower, celery, black olives, stuffed olives, green onions and cottage cheese in salad bowl; mix lightly. Add mayonnaise, salt and pepper; toss to mix. Chill, covered, overnight.

Fayola Young

Marinated Peas and Carrots

Yield:
15 servings
Utensil:
large bowl
Approx Per Serving:
Cal 144
Prot 4 g
Carbo 24 g
Fiber 5 g
T Fat 4 g
Chol 0 mg
Sod 328 mg

1/2 pound carrots, peeled, sliced
2 16-ounce cans black-eyed peas
1 large green bell pepper
1 medium onion
1 10-ounce can tomato soup
3/4 cup sugar
1/4 cup oil
1/2 cup cider vinegar

Cook carrots in a small amount of water in saucepan until tender; drain. Drain black-eyed peas. Combine carrots and black-eyed peas in large bowl. Cut green pepper into wedges. Slice onion into rings. Add to carrot mixture. Pour mixture of soup, sugar, oil and vinegar over vegetables; mix well. Marinate in refrigerator for several hours to overnight.

Verna Jordan

Pimento Salad

Yield:
10 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 190
Prot 4 g
Carbo 17 g
Fiber 1 g
T Fat 12 g
Chol 116 mg
Sod 389 mg

1 4-ounce jar chopped pimentos
5 hard-boiled eggs, chopped
40 saltine crackers
3 sweet pickles
1 cup (or more) mayonnaise-type salad dressing

Combine pimento and eggs in medium bowl. Grind crackers and pickles. Add to egg mixture. Add salad dressing; mix well. Spoon onto lettuce-lined salad plates. Garnish with additional pimentos.

Hope Nay

Different Potato Salad

Yield:
6 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 367
Prot 3 g
Carbo 29 g
Fiber 4 g
T Fat 28 g
Chol 14 mg
Sod 784 mg

3 potatoes
2 tablespoons oil
1 tablespoon vinegar
1 teaspoon salt
1/2 cup black olives, coarsely chopped
1 1/2 cups finely shredded cabbage
1/4 cup chopped dill pickle
1/2 cup coarsely grated carrot
2 tablespoons chopped pimento
2 tablespoons chopped green bell pepper
2/3 cup mayonnaise
2 teaspoons grated onion
1 teaspoon prepared mustard
Pepper to taste

Boil potatoes in water to cover in saucepan until tender; drain. Peel and chop enough potatoes to yield 3 cups. Place in medium bowl. Sprinkle mixture of oil, vinegar and salt over potatoes; mix lightly. Let stand until cool. Add olives, cabbage, dill pickle, carrot, pimento and green pepper. Combine mayonnaise, onion, mustard and pepper in small bowl; mix well. Add to potato mixture; mix lightly. Chill until serving time.

Pauline Smith and Bobbie Males

Grandmother's Potato Salad

Yield:
8 servings
Utensil:
medium bowl
Approx Per Serving:
Cal 425
Prot 4 g
Carbo 20 g
Fiber 3 g
T Fat 39 g
Chol 78 mg
Sod 1122 mg

4 large potatoes, peeled, diced
2 hard-boiled eggs, chopped
2 kosher dill pickles, chopped
1 2-ounce jar chopped pimento, drained
1 can sliced olives, drained
1/2 cup finely chopped green bell pepper
Chopped green onion to taste
1 1/2 cups mayonnaise
Mustard to taste
Pepper to taste

Cook potatoes in boiling salted water to cover in saucepan just until tender; drain and place in bowl. Chill for several hours. Add eggs and next 5 ingredients. Blend mayonnaise with mustard in small bowl. Add to potato mixture; mix lightly. Season with pepper. Serve immediately or chill until serving time.

Cynthia Cox

Layered Potato Salad

Yield:
10 servings
Utensil:
large bowl
Approx Per Serving:
Cal 473
Prot 10 g
Carbo 63 g
Fiber 8 g
T Fat 21 g
Chol 141 mg
Sod 204 mg

10 potatoes, boiled
1 head cabbage
Salt and pepper to taste
Celery seed to taste
3 onions, sliced into rings
3 green bell peppers, sliced into rings
6 carrots, shredded
6 hard-boiled eggs, sliced
1 cup (or more) mayonnaise
Paprika to taste

Peel and slice potatoes. Shred cabbage. Layer cabbage and potatoes in large bowl; sprinkle with salt, pepper and celery seed. Add layers of onion, green pepper, carrots and eggs. Spread mayonnaise over eggs. Repeat layers until all ingredients are used ending with mayonnaise. Sprinkle with paprika. Chill, covered, for 24 hours or longer.

Sallie Bailey

Tomato and Hearts of Palm Salad

Yield:
8 servings
Utensil:
large platter
Approx Per Serving:
Cal 185
Prot 3 g
Carbo 5 g
Fiber 2 g
T Fat 18 g
Chol 5 mg
Sod 300 mg

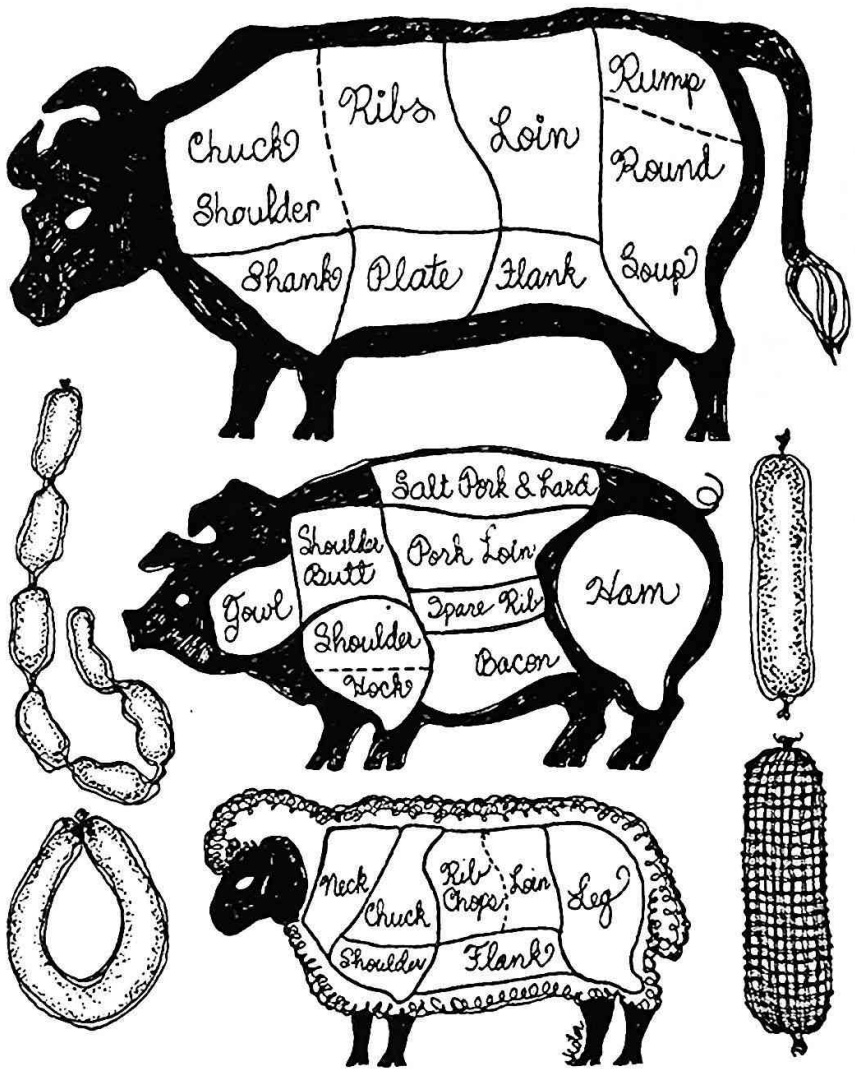
1 head Bibb lettuce
4 large tomatoes
1 can hearts of palm
1/2 cup Kalamatra olive halves
1/2 cup shredded mozzarella cheese
1/4 cup red wine vinegar
1 teaspoon sugar
1 tablespoon Dijon mustard
1 clove of garlic
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup fresh basil
1/4 cup fresh parsley
1/2 cup olive oil

Line platter with lettuce leaves. Slice tomatoes 1/4 inch thick; arrange on lettuce. Cut hearts of palm into 1-inch pieces; sprinkle over tomatoes. Top with olives and cheese. Combine vinegar, sugar, mustard, garlic, salt, pepper, basil and parsley in blender container; process until smooth. Add olive oil gradually, blending constantly. Spoon dressing over salad. Chill until serving time.

Nutritional information does not include hearts of palm.

Joyce Stewart

MEATS


Chuck
Shoulder
Ribs
Loin
Rump
Round
Shank
Plate
Flank
Soup
Salt Pork & Lard
Shoulder Butt
Pork Loin
Jowl
Spare Rib
Ham
Shoulder
Bacon
Hock
Neck
Chuck
Rib Chops
Loin
Leg
Shoulder
Flank

Slow Cooker Barbecued Brisket

Yield:
12 servings
Utensil:
slow cooker
Approx Per Serving:
Cal 198
Prot 28 g
Carbo 0 g
Fiber 0 g
T Fat 9 g
Chol 85 mg
Sod 224 mg

1 4-pound beef brisket, trimmed
1 tablespoon garlic powder
1 teaspoon celery salt
1 tablespoon onion powder
3 ounces liquid smoke

Sprinkle brisket with garlic powder, celery salt, onion powder and liquid smoke. Place in oven-cooking bag. Seal bag; pierce bag once. Place in slow cooker. Cook on Low for 13 to 18 hours.

Chris Ruyle

Overnight Brisket

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 198
Prot 28 g
Carbo 0 g
Fiber 0 g
T Fat 9 g
Chol 85 mg
Sod 46 mg

1 4-pound beef brisket
2 tablespoons liquid smoke
Garlic salt to taste
Barbecue sauce to taste

Rub both sides of brisket with liquid smoke. Sprinkle with garlic salt. Let stand, wrapped in foil, in refrigerator overnight. Sprinkle with additional garlic salt. Reseal foil; place in 9x13-inch baking pan. Bake at 250 degrees for 6 hours or at 325 degrees for 5 hours. Chill in refrigerator overnight. Slice as desired and reheat in barbecue sauce. May add barbecue sauce during last hour of baking if preferred; let stand for 1 hour before slicing.

Nutritional information does not include barbecue sauce.

Alice L. Thacker

Stuffed Tenderloin with Marsala Sauce

Yield:
8 servings
Utensil:
large skillet
Approx Per Serving:
Cal 453;
Prot 47 g
Carbo 3 g
Fiber 1 g
T Fat 25 g
Chol 138 mg
Sod 308 mg

1 10-ounce package frozen chopped spinach, thawed, drained
2 tablespoons prepared horseradish
1/2 cup crumbled blue cheese
1/4 teaspoon pepper
8 tenderloin steaks
8 slices bacon
1/4 cup olive oil
1/2 cup Marsala
1/2 cup dry red wine
1 1/2 teaspoons finely chopped garlic
1/4 teaspoon hot pepper sauce
1 tablespoon tomato paste
1 tablespoon water

Combine first 4 ingredients in bowl; mix well. Cut pocket in each steak with sharp knife. Stuff with spinach mixture. Wrap each with 1 slice bacon to close opening. Cook steaks on 1 side in hot olive oil in skillet for 3 minutes for rare or for 5 minutes for medium. Turn steaks. Cook for 3 to 5 minutes or until done to taste. Remove to warm platter. Add wines, stirring for 30 seconds to deglaze skillet. Add garlic. Cook for several seconds. Stir in pepper sauce and mixture of tomato paste and water; reduce heat. Cook for 1 minute, stirring constantly. Add steaks, turning to coat well. Place on platter; top with sauce. Garnish with parsley.

Joyce Stewart

Beef Birds

Yield:
4 servings
Utensil:
pressure cooker
Approx Per Serving:
Cal 312
Prot 33 g
Carbo 2 g
Fiber 1 g
T Fat 18 g
Chol 140 mg
Sod 358 mg

1 1/2 pounds round steak
Salt and pepper to taste
2 slices bacon, cut into halves
1 dill pickle, cut into 4 strips
4 onion slices
2 tablespoons bacon drippings

Cut steak into 2x4-inch pieces. Sprinkle with salt and pepper. Layer 1/2 slice bacon, 1 strip dill pickle and 1 onion slice on each piece of steak. Roll to enclose filling; secure with string. Brown on all sides in bacon drippings in skillet. Place in pressure cooker with water to nearly cover. Cook using manufacturer's directions for 1 to 1 1/2 hours or until done to taste.

Thomas Carusi

San Marco Smothered Steak

Yield:
6 servings
Utensil:
large skillet
Approx Per Serving:
Cal 257
Prot 29 g
Carbo 4 g
Fiber 1 g
T Fat 13 g
Chol 85 mg
Sod 274 mg

2 pounds round steak, 1 inch thick
1 envelope onion soup mix
1 16-ounce can Italian stewed tomatoes
1 teaspoon oregano
Garlic powder and pepper to taste
2 tablespoons oil
2 tablespoons wine vinegar

Cut steak into serving pieces; place in skillet. Sprinkle with soup mix; pour tomatoes over top. Sprinkle with oregano, garlic powder and pepper. Add oil and vinegar. Simmer, covered, for 1½ hours or until tender.

Evelyn Fagala

Southern Smothered Steak

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 400
Prot 33 g
Carbo 23 g
Fiber 1 g
T Fat 19 g
Chol 92 mg
Sod 834 mg

2 pounds round steak, 1½ inches thick
½ cup flour
Salt and pepper to taste
3 tablespoons oil
2 cups potato soup
1 medium onion, chopped
1½ cups bread crumbs
Seasoned salt to taste
¼ cup Parmesan cheese

Cut steak into serving pieces. Coat well with mixture of flour, salt and pepper. Brown lightly in oil in cast-iron skillet. Add potato soup and onion. Bake at 350 degrees until tender. Sprinkle with bread crumbs, seasoned salt and cheese. Bake just until top is brown.

Oleta Hughes

Steak Bites

Yield:
4 servings
Utensil:
skillet
Approx Per Serving:
Cal 532
Prot 48 g
Carbo 15 g
Fiber <1 g
T Fat 30 g
Chol 189 mg
Sod 112 mg

2 pounds stew beef
Meat tenderizer to taste
1/2 cup flour
1 egg
1 cup milk
1/4 cup oil

Cut beef into bite-sized pieces. Sprinkle with meat tenderizer. Let stand in refrigerator overnight. Coat with flour; dip in mixture of egg and milk. Fry in oil in skillet until brown.

Judy Barker

Swiss Steak

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 550
Prot 48 g
Carbo 36 g
Fiber 2 g
T Fat 23 g
Chol 128 mg
Sod 299 mg

3 pounds top round steak
Garlic salt, salt and pepper to taste
2 cups flour
1/4 cup oil
1 large onion, sliced
1 8-ounce can tomato sauce

Cut steak into serving pieces. Sprinkle with garlic salt, salt and pepper. Coat well with flour. Brown on both sides in hot oil in skillet; drain skillet. Add enough water to cover steak. Top with onion. Add tomato sauce. Simmer, covered, on medium-low for 2 hours.

Ann Burgess

Yankee Cheddar Steak

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 382
Prot 30 g
Carbo 13 g
Fiber 2 g
T Fat 23 g
Chol 94 mg
Sod 1087 mg

1 pound round steak, 1/2 inch thick
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons oil
1 medium onion, thinly sliced
1 8-ounce can herb and spice tomato sauce
1 cup shredded Cheddar cheese

Cut steak into serving pieces. Pound mixture of flour, salt and pepper into steak. Brown on both sides in oil in skillet; remove to shallow baking dish. Top with onion. Pour tomato sauce over top. Bake at 350 degrees for 40 minutes. Sprinkle steak with cheese. Bake just until cheese melts.

Linda Wilburn

Burgundy Beef Casserole

Yield:
8 servings
Utensil:
slow cooker
Approx Per Serving:
Cal 405
Prot 45 g
Carbo 8 g
Fiber <1 g
T Fat 19 g
Chol 135 mg
Sod 982 mg

4 pounds chuck roast or stew meat
1 envelope onion soup mix
1 10-ounce can cream of celery soup
1 10-ounce can cream of chicken soup
1 10-ounce can cream of mushroom soup
1/2 cup Burgundy

Cut beef into bite-sized pieces. Combine with soup mix and soups in slow cooker; mix well. Add wine. Cook on Low for 10 hours. Serve on rice or noodles. May bake at 300 degrees for 3 hours if preferred.

Darlene Baird

Hearty Pinto Bean Casserole

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 413
Prot 42 g
Carbo 37 g
Fiber 14 g
T Fat 11 g
Chol 96 mg
Sod 174 mg

1 16-ounce can pinto beans
1 4-ounce can chopped green chilies
1 10-ounce can Ro-Tel tomatoes with chilies
4 to 5 10-ounce cans water
1 medium onion, chopped
1½ pounds stew beef or beef roast

Layer beans and chilies in baking dish. Pour tomatoes and water over chilies. Add onions. Top with beef. Bake, covered, at 250 degrees for 8 hours.

Liza Chapa

Blow Up Chili

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 251
Prot 25 g
Carbo 19 g
Fiber 4 g
T Fat 8 g
Chol 64 mg
Sod 410 mg

2 pounds chili beef
1 large red onion, chopped
2 or 3 jalapeño peppers, chopped
1 16-ounce can tomatoes, drained, chopped
1 10-ounce can Ro-Tel tomatoes with chilies
1 8-ounce can tomato sauce
1 12-ounce bottle premium beer
¼ cup potato flakes
¼ cup chili powder
3 tablespoons cumin
2 teaspoons garlic powder

Brown chili beef with onion and peppers in 6-quart saucepan; drain. Add tomatoes, tomato sauce and beer. Simmer for 1 hour. Add potato flakes, chili powder, cumin and garlic powder; mix well. Simmer for 30 minutes to 1 hour. Serve ice cream or Rolaids for dessert. May double beer and drink second bottle while chili cooks.

Jim Dunn

Wanda Faye Bird prepares *Bird's Chili* for a crowd by browning 15 pounds ground chuck, adding 3 ounces chili powder, 2 ounces each paprika and cumin, 3 chopped jalapeño peppers with some juice, ½ cup picante sauce, ½ to 1 cup catsup and one 32-ounce can tomato juice. She adds 3 or 4 more cans tomato juice as necessary, refrigerates it overnight and reheats before serving.

Buck Savors Chili

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 360
Prot 35 g
Carbo 32 g
Fiber 13 g
T Fat 10 g
Chol 81 mg
Sod 1827 mg

2 pounds ground beef or chili beef
1 tablespoon garlic salt
1 tablespoon pickling spice
3 yellow onions, chopped
4 bell peppers of various colors, chopped
1/4 cup chili powder
1 tablespoon red pepper
3/4 cup chopped pickled jalapeño peppers
1/2 cup jalapeño pepper juice
1/2 cup Worcestershire sauce
2 8-ounce cans herb and spice tomato sauce
2 16-ounce cans kidney beans, drained

Brown ground beef with garlic salt in 4-quart saucepan, stirring until crumbly; drain. Tie pickling spice in cheesecloth bag. Add to saucepan with onions, peppers, chili powder, red pepper, jalapeño peppers, pepper juice, Worcestershire sauce and tomato sauce. Simmer for 30 minutes. Remove pickling spice. Simmer for 1 1/2 hours longer. Stir in beans. Cook for 30 minutes longer. Serve with cheese. May omit jalapeño peppers and pepper juice if preferred.

Jonathan Buck

Homemade Chili

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 387
Prot 30 g
Carbo 30 g
Fiber 13 g
T Fat 17 g
Chol 74 mg
Sod 1131 mg

2 pounds ground beef
2 medium onions, chopped
4 chili peppers, chopped
2 20-ounce cans ranch-style beans
2 tablespoons flour
1/4 cup chili powder
1 teaspoon garlic powder
1 teaspoon cumin
1 teaspoon oregano
2 teaspoons salt

Brown ground beef with onions and chili peppers in saucepan, stirring until crumbly. Add beans; mix well. Combine flour, chili powder, garlic powder, cumin, oregano and salt in bean can. Add enough water to fill can; mix until smooth. Add to ground beef mixture; mix well. Simmer for 1 hour.

Larry Huckabee

Paul Bunyan Chili

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 408
Prot 31 g
Carbo 34 g
Fiber 13 g
T Fat 18 g
Chol 74 mg
Sod 1049 mg

2 pounds lean ground beef
1 onion, finely chopped
2 stalks celery, chopped
1½ cups water
2 20-ounce cans dark red kidney beans
1 10-ounce can tomato soup
2 teaspoons chili powder
1 teaspoon pickling spice
2 20-ounce cans tomatoes

Brown ground beef with onion in skillet, stirring until ground beef is crumbly; drain. Cook celery in water in saucepan until tender. Add ground beef mixture, beans, soup and chili powder. Tie pickling spice in cheesecloth bag. Add to chili. Press tomatoes through sieve into chili. Simmer for 2 hours or longer. Remove pickling spice.

Gwen Buck

Bean Stuff

Yield:
12 servings
Utensil:
slow cooker
Approx Per Serving:
Cal 263
Prot 18 g
Carbo 35 g
Fiber 10 g
T Fat 7 g
Chol 27 mg
Sod 550 mg

1 pound ground beef
1 16-ounce can Great Northern beans
1 16-ounce can pork and beans
1 16-ounce can pinto beans
1 16-ounce can black-eyed peas
1 16-ounce can field peas
1 10-ounce can Ro-Tel tomatoes with chilies

Brown ground beef in skillet, stirring until crumbly; drain. Combine with undrained beans, peas and tomatoes in slow cooker; mix well. Cook on Low for 8 hours or on High for 4 hours. Garnish with shredded cheese.

Carol P. Quinn

Mexican Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 611
Prot 31 g
Carbo 65 g
Fiber 10 g
T Fat 27 g
Chol 73 mg
Sod 1265 mg

1 pound ground beef
1 medium onion, chopped
2 8-ounce packages tortillas
1 16-ounce can ranch-style beans
1 12-ounce can enchilada sauce
1 10-ounce can cream of chicken soup
1 cup shredded longhorn cheese
1 16-ounce can tomatoes
1 4-ounce can green chilies

Brown ground beef with onion in skillet, stirring until crumbly; drain. Line 2-quart baking dish with half the tortillas. Add ground beef mixture. Layer beans, enchilada sauce and soup over ground beef. Top with cheese, remaining tortillas, tomatoes and green chilies. Bake at 350 degrees for 1 hour.

Oneida Sweaney

Cheesy Vegetable and Beef Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 522
Prot 26 g
Carbo 51 g
Fiber 7 g
T Fat 24 g
Chol 79 mg
Sod 1173 mg

1 pound ground beef
1 small onion, chopped
1 small green bell pepper, chopped
Garlic powder, salt and pepper to taste
4 medium potatoes
1 16-ounce can Veg-All
1 10-ounce can cream of mushroom soup
1 10-ounce can Cheddar cheese soup
4 ounces Velveeta cheese, sliced

Brown ground beef with onion, green pepper, garlic powder, salt and pepper in skillet, stirring until ground beef is crumbly; drain. Spread in 8x12-inch baking dish. Slice potatoes over beef; season with salt and pepper. Pour undrained vegetables over potatoes. Top with mixture of soups. Bake at 350 degrees for 40 to 50 minutes or until potatoes are tender. Top with cheese. Bake just until cheese melts.

Norma Torrence

Zucchini and Ground Beef Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 445
Prot 27 g
Carbo 35 g
Fiber 3 g
T Fat 22 g
Chol 75 mg
Sod 1107 mg

1 pound ground beef
1 large onion, chopped
1½ cups cooked rice
1½ cups sliced zucchini
2 cups cream-style corn
1 cup shredded Cheddar cheese
1 cup cottage cheese
1 10-ounce can cream of mushroom soup
1 teaspoon oregano
¼ teaspoon garlic powder
½ teaspoon salt

Brown ground beef with onion and rice in skillet, stirring until ground beef is crumbly; drain. Add zucchini, corn, cheese, cottage cheese, soup, oregano, garlic powder and salt; mix well. Spoon into baking dish. Bake at 325 degrees for 30 minutes.

Rosa U. Duran

Polish Cabbage Rolls

Yield:
8 servings
Utensil:
baking pan
Approx Per Serving:
Cal 268
Prot 21 g
Carbo 13 g
Fiber 1 g
T Fat 15 g
Chol 104 mg
Sod 153 mg

1 head cabbage
½ cup uncooked rice
2 quarts water
Salt to taste
1 onion, finely chopped
2 tablespoons butter
1 pound ground beef
8 ounces ground veal
1 egg
Pepper to taste
5 slices bacon

Remove core from cabbage. Parboil cabbage in water to cover in large saucepan, removing outer leaves as they wilt. Cool leaves. Cook rice in 2 quarts salted water in saucepan for 10 minutes. Drain and rinse in cold water. Sauté onion in butter in skillet until translucent. Add ground beef, ground veal, egg, rice, salt and pepper; mix well. Spoon onto cabbage leaves. Fold in opposite sides; roll to enclose filling. Secure with toothpick; place in baking pan. Top with bacon. Bake at 300 degrees for 2 hours. Serve with mushroom sauce, tomato sauce or sour cream. May reheat on second day. May brown rolls in a small amount of oil in skillet, add 1 cup water or tomato purée and simmer for 2 hours if preferred.

Mary Ann Lusty

Hobo Dinner

Yield:
1 serving
Utensil:
foil
Approx Per Serving:
Cal 770
Prot 50 g
Carbo 71 g
Fiber 10 g
T Fat 33 g
Chol 148 mg
Sod 915 mg

8 ounces ground chuck
1 onion, sliced
1 carrot, sliced
1 dill pickle, sliced
1 potato, sliced
Garlic powder to taste
Salt and pepper to taste

Layer ground chuck, onion, carrot, dill pickle and potato on square of heavy-duty foil. Season with garlic powder, salt and pepper; seal foil. Place on open coals. Cook for 20 to 25 minutes or until done to taste, turning frequently.

Glyn Ryan

Fiesta Stuffed Shells

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 526
Prot 28 g
Carbo 58 g
Fiber 5 g
T Fat 20 g
Chol 72 mg
Sod 721 mg

12 large pasta shells
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1 pound ground beef
1 12-ounce jar picante sauce
1/2 cup water
1 8-ounce can tomato sauce
1 4-ounce can chopped green chilies, drained
1 cup shredded Monterey Jack cheese
1 3-ounce can French-fried onions

Cook pasta shells using package directions; drain. Sauté chopped onion and green pepper in nonstick skillet. Stir in seasonings. Add ground beef. Cook until ground beef is brown and crumbly, stirring frequently; drain. Mix picante sauce, water and tomato sauce in small bowl. Stir 1/2 cup picante sauce mixture into ground beef mixture. Add green chilies, half the cheese and half the French-fried onions; mix well. Spoon into cooked shells. Spoon half the remaining sauce mixture into 8x12-inch baking dish. Arrange shells in prepared dish. Pour remaining sauce mixture over top. Bake, covered, at 350 degrees for 30 minutes. Top with remaining cheese and fried onions. Bake, uncovered, for 5 minutes longer.

Adelle Lane

Homemade Lasagna

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 498
Prot 36 g
Carbo 33 g
Fiber 2 g
T Fat 24 g
Chol 140 mg
Sod 1128 mg

1 medium onion, chopped
2 cloves of garlic, chopped
2 teaspoons oil
1½ pounds ground beef
2½ teaspoons salt
2 teaspoons pepper
2 tablespoons parsley
½ teaspoon rosemary
2 6-ounce cans tomato paste
1¼ cups hot water
2 eggs, beaten
2 cups cottage cheese
8 ounces lasagna noodles, cooked
2 cups shredded mozzarella cheese
¼ cup Parmesan cheese

Sauté onion and garlic in oil in skillet. Add ground beef and seasonings. Cook until brown; drain. Add tomato paste and water. Cook for 5 minutes. Mix eggs with cottage cheese. Alternate layers of sauce, cottage cheese mixture, noodles, mozzarella and Parmesan cheeses in 9x13-inch baking dish. Bake at 350 degrees for 30 minutes.

Carol Small

Three-Meat Lasagna

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 548
Prot 33 g
Carbo 40 g
Fiber 3 g
T Fat 29 g
Chol 118 mg
Sod 1451 mg

8 ounces each hot and mild Italian sausage
8 ounces ground chuck
1 cup chopped onion
2 cloves of garlic, minced
1 28-ounce can tomatoes
2 6-ounce cans tomato paste
2 teaspoons sugar
1½ teaspoons basil
½ teaspoon fennel seed
1 tablespoon salt
¼ teaspoon pepper
1 egg, beaten
15 ounces ricotta cheese
1 tablespoon parsley
½ teaspoon salt
12 lasagna noodles, cooked
16 ounces mozzarella cheese, shredded
¾ cup Parmesan cheese

Brown meats with onion and garlic in saucepan; drain. Stir in next 7 ingredients. Simmer for 20 minutes. Mix egg with ricotta cheese, parsley and ½ teaspoon salt. Spread 1½ cups sauce in 9x13-inch baking dish. Layer noodles, remaining meat sauce, ricotta mixture, mozzarella and Parmesan cheeses ⅓ at a time in dish. Bake, covered, at 375 degrees for 25 minutes. Bake, uncovered, for 10 minutes.

Linda Bearden

Greek Spaghetti

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 498
Prot 26 g
Carbo 35 g
Fiber 3 g
T Fat 28 g
Chol 87 mg
Sod 960 mg

2 small onions, chopped
2 cloves of garlic, chopped
1/2 teaspoon rosemary
1/4 cup butter
2 pounds ground beef
1 15-ounce can tomato sauce
Salt and pepper to taste
1 16-ounce package spaghetti, cooked
12 ounces Velveeta, chopped
1 4-ounce can sliced black olives
1 10-ounce can cream of mushroom soup
1/2 cup red cooking wine

Sauté onions, garlic and rosemary in butter in saucepan. Add ground beef. Cook until brown and crumbly, stirring frequently; drain. Stir in tomato sauce, salt and pepper. Cook until thickened. Layer 1/2 the sauce and spaghetti in greased baking pan. Top with 1/4 of the cheese, half the olives, half the soup and 1/4 of the cheese. Repeat layers. Pour wine over top. Bake at 325 degrees until bubbly.

Evelyn Rhodes

Southwest Spaghetti Pie

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 502
Prot 31 g
Carbo 38 g
Fiber 3 g
T Fat 25 g
Chol 125 mg
Sod 918 mg

8 ounces uncooked spaghetti, cooked
1/2 cup milk
1 egg
1 pound ground beef
1 medium onion, chopped
1 medium green bell pepper, chopped
1 large clove of garlic, minced
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups tomato sauce
1 cup shredded Monterey Jack cheese with jalapeño peppers
1 cup shredded Cheddar cheese

Combine hot drained spaghetti, milk and egg; mix well. Spread in buttered 9x13-inch baking dish. Brown ground beef with next 3 ingredients in large skillet; drain. Add seasonings. Cook for 2 minutes. Stir in tomato sauce. Cook for 2 minutes. Spread over spaghetti. Sprinkle with cheeses. Bake at 425 degrees in lower third of oven for 10 minutes or until bubbly and cheese melts. Let stand for 5 minutes before serving.

Patsy Gray

Easy Stew

Yield:
6 servings
Utensil:
electric skillet
Approx Per Serving:
Cal 695
Prot 57 g
Carbo 67 g
Fiber 8 g
T Fat 21 g
Chol 156 mg
Sod 865 mg

1½ pounds ground round
1 medium onion, chopped
1 pound carrots, sliced
6 large potatoes, chopped
1 10-ounce can cream of celery soup
1 10-ounce can cream of mushroom soup
1 soup can water
Salt and pepper to taste

Brown ground round in electric skillet, stirring until crumbly; drain. Add onion. Sauté until tender. Add carrots, potatoes, soups, water, salt and pepper; mix well. Simmer until vegetables are tender.

Dorothy Roberts

Jungle Stew

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 512
Prot 38 g
Carbo 43 g
Fiber 11 g
T Fat 23 g
Chol 99 mg
Sod 928 mg

1 pound ground beef
1 16-ounce can corn
1 16-ounce can ranch-style beans
1 16-ounce can tomatoes
Salt, pepper and garlic salt to taste

Brown ground beef in saucepan, stirring until crumbly; drain. Add corn, beans and tomatoes; mix well. Simmer for 10 to 15 minutes or to desired consistency. Season with salt, pepper and garlic powder.

Dolores Beggs

Upside-Down Pizza

Yield:
8 servings
Utensil:
pizza pan
Approx Per Serving:
Cal 777
Prot 49 g
Carbo 33 g
Fiber 2 g
T Fat 50 g
Chol 215 mg
Sod 1323 mg

2 pounds ground beef
1 30-ounce jar spaghetti sauce
Garlic powder and salt to taste
1 4-ounce can sliced mushrooms
12 ounces mozzarella cheese, sliced
8 ounces Cheddar cheese, shredded
6 ounces mozzarella cheese, shredded
1 cup milk
1 tablespoon oil
2 eggs
1 cup flour
1/2 teaspoon salt
1/2 cup Parmesan cheese

Brown ground beef in skillet, stirring until crumbly; drain. Add spaghetti sauce, garlic powder and salt. Simmer for 10 minutes. Spray side of 12-inch deep-dish pizza pan with nonstick cooking spray. Layer ground beef, mushrooms, cheese slices and shredded cheeses in prepared pan. Combine milk, oil and eggs in small bowl; beat for 1 minute. Add flour and 1/2 teaspoon salt; beat for 2 minutes. Spoon evenly over layers. Sprinkle with Parmesan cheese. Bake at 400 degrees for 25 to 30 minutes.

Cleta Shelton

Tagliarini

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 542
Prot 29 g
Carbo 51 g
Fiber 6 g
T Fat 28 g
Chol 72 mg
Sod 809 mg

1 pound ground beef
2 onions, chopped
2 cloves of garlic, chopped
1 16-ounce can tomatoes
Worcestershire sauce to taste
Rosemary, salt and pepper to taste
8 ounces uncooked macaroni
1 16-ounce can whole kernel corn, drained
1 cup chopped black olives
1 cup shredded Cheddar cheese
1/4 cup Parmesan cheese

Brown ground beef with onions and garlic in saucepan; drain. Add next 5 ingredients; mix well. Cook macaroni using package directions; drain. Add macaroni, corn, olives and cheeses to ground beef mixture; mix well. Spoon into buttered baking dish. Bake at 350 degrees for 15 minutes.

Mildred Slade

Texas Hash

Yield:
6 servings
Utensil:
large skillet
Approx Per Serving:
Cal 250
Prot 16 g
Carbo 17 g
Fiber 2 g
T Fat 14 g
Chol 49 mg
Sod 396 mg

1 medium onion, chopped
½ small green bell pepper, chopped
1 tablespoon oil
1 pound ground beef
Garlic powder to taste
1 tablespoon chili powder
1 teaspoon paprika
Salt and pepper to taste
1 14-ounce can tomatoes, chopped
1 8-ounce can tomato sauce
3 or 4 drops of Tabasco sauce
⅓ cup uncooked rice

Sauté onion and green pepper in oil in skillet. Add ground beef. Cook until ground beef is brown and crumbly, stirring frequently; drain. Add garlic powder, chili powder, paprika, salt and pepper. Stir in tomatoes, tomato sauce and Tabasco sauce. Simmer for 15 minutes, adding enough water to make of desired consistency. Stir in rice. Simmer for 30 minutes or until rice is tender.

Bob Harris

Lydia Smith's Yacasoba

Yield:
8 servings
Utensil:
skillet
Approx Per Serving:
Cal 273
Prot 19 g
Carbo 6 g
Fiber 2 g
T Fat 19 g
Chol 65 mg
Sod 73 mg

1¾ pounds ground beef
1 large onion, chopped
8 ounces carrots, grated
1 medium head cabbage, sliced
3 tablespoons oil
3 packages Ramen beef-flavored noodles

Brown ground beef in skillet, stirring until crumbly. Drain skillet and ground beef. Stir-fry onion, carrots and cabbage in oil in skillet until tender-crisp. Add ground beef. Cook noodles for 3 minutes using package directions. Add to beef and vegetables. Sprinkle with spice packet from noodles. Serve with teriyaki sauce.

Nutritional information does not include Ramen noodles.

Margery Anderson

Cheesy Ham Casserole

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 484
Prot 29 g
Carbo 30 g
Fiber 3 g
T Fat 28 g
Chol 83 mg
Sod 1263 mg

1½ cups chopped cooked ham
1½ cups cooked rotini
2 cups broccoli flowerets
½ cup mayonnaise-type salad dressing
½ cup chopped red or green bell pepper
¼ cup milk
1½ cups shredded sharp Cheddar cheese
¾ cup seasoned croutons

Combine ham, pasta, broccoli, salad dressing, red or green pepper, milk and 1 cup cheese in bowl; mix gently. Spoon into 1½-quart baking dish. Sprinkle with remaining ½ cup cheese and croutons. Bake at 350 degrees for 30 minutes or microwave on High for 8 to 10 minutes until heated through.

Mary Hodges

Ham Sauce for Pasta

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 141
Prot 15 g
Carbo 5 g
Fiber 1 g
T Fat 7 g
Chol 35 mg
Sod 878 mg

2 cups ground cooked ham
½ cup chopped onion
¼ cup chopped green bell pepper
2 teaspoons shortening
1 16-ounce can tomatoes, chopped
½ cup shredded American cheese

Brown ground ham lightly with onion and green pepper in shortening in medium saucepan, stirring frequently. Stir in tomatoes. Simmer for 25 to 30 minutes. Add cheese. Cook until cheese melts, stirring constantly. Serve over spaghetti, macaroni or rice.

Joyce Adams

Spanish Pork Chops

Yield:
5 servings
Utensil:
skillet
Approx Per Serving:
Cal 432
Prot 36 g
Carbo 40 g
Fiber 2 g
T Fat 13 g
Chol 98 mg
Sod 660 mg

5 thick pork chops
1 tablespoon shortening
1 onion, chopped
2 cups canned tomatoes
1 teaspoon salt
1/4 teaspoon pepper
3 cups cooked rice
3 tablespoons flour
1/4 cup cold water

Brown pork chops on both sides in shortening in large skillet. Remove chops to plate. Add onion to skillet. Sauté for several minutes. Add pork chops, tomatoes, salt and pepper. Simmer for 30 to 40 minutes or until thickened to desired consistency. Spoon rice into center of serving platter. Arrange pork chops around rice. Stir mixture of flour and cold water into sauce in skillet. Cook for 2 to 3 minutes or until thickened, stirring constantly. Spoon over rice and pork chops.

Linda Hargis

French Bean Pot

Yield:
10 servings
Utensil:
bean pot
Approx Per Serving:
Cal 383
Prot 13 g
Carbo 36 g
Fiber 9 g
T Fat 19 g
Chol 38 mg
Sod 987 mg

2 pounds pork link sausages, cut into halves
3 onions, sliced
3 tablespoons flour
3 16-ounce cans pork and beans
1 8-ounce can tomato sauce
3/4 cup Sherry
1/2 cup water
3/4 teaspoon thyme
3/4 teaspoon crushed bay leaves
1/2 teaspoon basil
1/2 teaspoon salt

Brown sausages in large skillet; remove to warm plate. Drain drippings, reserving 1/4 cup in skillet. Stir in onions and flour. Cook until flour is brown, stirring constantly. Add sausages, pork and beans, tomato sauce, wine, water, thyme, bay leaves, basil and salt; mix well. Bring to a boil. Spoon into bean pot or baking dish. Bake at 325 degrees for 2 hours, stirring occasionally.

Alda Patterson

Leftover Meat and Taters

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 592
Prot 18 g
Carbo 44 g
Fiber 4 g
T Fat 39 g
Chol 77 mg
Sod 834 mg

2 pounds red potatoes, peeled
1/3 cup white vinegar
Salt to taste
8 ounces sour cream
8 ounces Cheez Whiz
1 1/2 pounds cooked smoked sausage, chopped
Pepper to taste

Cut potatoes into 3/4-inch cubes. Combine with water to cover, vinegar and salt to taste in saucepan. Cook for 20 minutes or until tender but not mushy; drain. Combine with sour cream, Cheez Whiz, sausage, salt and pepper in bowl; mix gently. Serve hot or chilled. May substitute leftover chicken, turkey, roast or ham for sausage.

William Sanders

Corn Dogs

Yield:
20 servings
Utensil:
skillet
Approx Per Serving:
Cal 387
Prot 16 g
Carbo 21 g
Fiber 7 g
T Fat 27 g
Chol 44 mg
Sod 914 mg

1 pound Monterey Jack cheese
2 10-count packages frankfurters
20 soft corn tortillas
1/2 cup oil
3 16-ounce cans refried beans

Cut 10 cheese sticks for frankfurters; shred remaining cheese. Split frankfurters part of the way through. Insert 1 stick cheese into each frankfurter. Wrap each frankfurter with tortilla; secure with toothpick. Fry on all sides in oil in skillet until cheese melts. Combine shredded cheese and beans in saucepan; cook until heated through, stirring constantly. Serve as dip for corn dogs.

Delton R. Waits

Spiced Leg of Lamb

Yield:
8 servings
Utensil:
baking pan
Approx Per Serving:
Cal 490
Prot 54 g
Carbo 23 g
Fiber 2 g
T Fat 20 g
Chol 166 mg
Sod 1215 mg

2 tablespoons finely chopped gingerroot
6 cloves of garlic, chopped
1/8 teaspoon cardamom
1 1-inch piece cinnamon, crushed
8 whole cloves
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon red pepper
4 teaspoons salt
1/4 cup lemon juice
1 5 1/2-pound leg of lamb, trimmed
1/4 cup unsalted pistachios
1/2 cup seedless raisins
1/4 cup blanched slivered almonds
1 cup plain yogurt
1/4 cup honey
1/2 teaspoon saffron threads
1 cup plus 3 tablespoons boiling water

Combine first 10 ingredients in blender container. Process at high speed until smooth, scraping side of blender after 30 seconds. Cut twelve 1x2-inch slashes on each side of leg of lamb. Rub spice mixture over lamb, pressing into slashes. Place in heavy baking pan. Let stand for 30 minutes. Combine pistachios, raisins, almonds and yogurt in blender container. Process until smooth. Spread evenly over lamb. Drizzle with honey. Marinate, tightly covered, in refrigerator for 48 hours. Soak saffron in 3 tablespoons boiling water in small bowl for 15 minutes. Pour over lamb. Pour remaining cup boiling water over top. Bring to a boil over high heat; cover tightly. Roast at 350 degrees in center of oven for 1 1/2 hours. Reduce temperature to 250 degrees. Bake for 30 minutes longer or until tender. Let stand, uncovered, for 1 hour.

Phillip L. Hester

Breakfast Pizza

Yield:
8 servings
Utensil:
pizza pan
Approx Per Serving:
Cal 338
Prot 11 g
Carbo 19 g
Fiber 1 g
T Fat 24 g
Chol 159 mg
Sod 502 mg

1 8-count can crescent roll dough
1 pound pork sausage
1/2 cup chopped onion
1 green bell pepper, chopped
1 cup frozen hashed brown potatoes, thawed
5 eggs, beaten
1/2 cup shredded Cheddar cheese

Separate roll dough into triangles. Place in pizza pan, pressing edges to seal. Brown sausage in skillet, stirring until crumbly; drain. Layer sausage, onion, green pepper and potatoes on roll dough. Pour eggs over layers; sprinkle with cheese. Bake at 350 degrees for 20 minutes or until eggs are set.

Sondra Herr

Christmas Morning Eggs

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 547
Prot 30 g
Carbo 21 g
Fiber 1 g
T Fat 38 g
Chol 333 mg
Sod 855 mg

8 slices white bread
8 eggs, beaten
4 cups milk
Salt and pepper to taste
4 cups shredded Cheddar cheese
1 pound bacon, crisp-fried, crumbled

Trim crusts from bread; cut into cubes. Sprinkle in 9x13-inch baking dish. Combine eggs, milk, salt and pepper in bowl; mix well. Pour over bread. Sprinkle with cheese. Chill, covered, overnight. Sprinkle with bacon. Bake at 350 degrees for 1 hour. Serve immediately.

Carol Meredith

Company's Coming Egg Casserole

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 316
Prot 20 g
Carbo 15 g
Fiber <1 g
T Fat 20 g
Chol 199 mg
Sod 684 mg

1 6-ounce package seasoned croutons
1 teaspoon onion flakes
1/4 teaspoon lemon pepper
6 ounces Swiss cheese, sliced
6 ounces Cheddar cheese, sliced
8 ounces ham, cut into bite-sized pieces
8 eggs
2 cups half and half
1 1/2 cups milk
1/4 teaspoon dry mustard
1/4 teaspoon salt

Sprinkle croutons in greased 9x13-inch baking dish. Sprinkle with onion flakes and lemon pepper. Layer Swiss cheese, Cheddar cheese and ham in prepared dish. Beat eggs with half and half, milk, dry mustard and salt in large bowl. Pour over layers. Chill, covered, overnight. Bake at 325 degrees for 55 minutes. Let stand for 5 minutes before serving.

Sharon Staley

Egg Casserole

Yield:
15 servings
Utensil:
baking dish
Approx Per Serving:
Cal 232
Prot 12 g
Carbo 12 g
Fiber 1 g
T Fat 15 g
Chol 169 mg
Sod 395 mg

1 pound sausage
10 eggs, beaten
2 1/4 cups milk
1 1/2 teaspoons dry mustard
1/2 teaspoon salt
1 1/2 cups shredded Cheddar cheese
2 cups bread crumbs

Brown sausage in skillet, stirring until crumbly; drain. Beat eggs, milk, dry mustard and salt in mixer bowl at medium speed for 1 minute. Add cheese, bread crumbs and sausage; mix well. Spoon into 9x13-inch baking dish. Bake at 350 degrees for 30 to 40 minutes or until set. May refrigerate overnight and bake for 10 minutes longer.

Mike Gilmore

Egg and Cheese Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 348
Prot 16 g
Carbo 22 g
Fiber 1 g
T Fat 22 g
Chol 163 mg
Sod 739 mg

10 slices day-old bread
2 cups shredded Cheddar cheese
4 eggs
2⅔ cups milk
1 teaspoon salt
¼ cup melted butter

Trim crusts from bread; cut into cubes. Alternate layers of bread cubes and cheese in shallow 2-quart baking dish. Combine eggs with milk and salt in bowl; beat until smooth. Pour over layers. Drizzle with butter. Chill in refrigerator for 8 hours to overnight. Bake at 350 degrees for 45 minutes. May add cooked sausage, chopped ham or crumbled bacon if desired.

Barbara Henderson

Hungarian Peppers and Eggs

Yield:
4 servings
Utensil:
heavy skillet
Approx Per Serving:
Cal 502
Prot 22 g
Carbo 21 g
Fiber 5 g
T Fat 37 g
Chol 382 mg
Sod 780 mg

8 ounces salami, chopped
8 ounces bacon, chopped
5 red bell peppers, chopped
5 yellow bell peppers, chopped
1 cup chopped onion
2 large tomatoes, chopped
1 teaspoon paprika
6 eggs, beaten
8 ounces sour cream

Cook salami and bacon in heavy nonstick skillet until bacon is nearly crisp. Drain, reserving a small amount of drippings in skillet. Add peppers and onion. Cook, covered, over medium heat until tender. Add tomatoes and paprika. Cook for 10 to 15 minutes. Pour eggs over top. Cook until set, stirring constantly; remove from heat. Dollop with sour cream.

Karla K. Finta

Helen's Favorite Tiropeta

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 345
Prot 19 g
Carbo 17 g
Fiber 1 g
T Fat 23 g
Chol 169 mg
Sod 788 mg

24 ounces cottage cheese
5 to 6 ounces feta cheese, crumbled
4 eggs
8 sheets phyllo dough
1/2 cup melted butter

Combine cottage cheese, feta cheese and eggs in bowl; mix well. Set aside. Place 4 sheets phyllo dough in 8x12-inch baking dish, alternating directions and brushing lightly with butter. Spoon filling into prepared dish. Place remaining 4 sheets phyllo dough over filling, alternating directions and brushing lightly with butter. Fold edges over top. Bake at 400 degrees for 10 minutes; reduce temperature to 325 degrees. Cut 3 rows of slashes in top of phyllo dough. Bake for 1 hour or until golden brown. Cut into wedges or squares. May cut into small squares for appetizer servings.

Helen Pappas

Sausage Strata

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 497
Prot 21 g
Carbo 15 g
Fiber <1 g
T Fat 39 g
Chol 183 mg
Sod 1069 mg

16 ounces hot sausage
16 ounces sage-flavored sausage
2 1/2 cups seasoned croutons
2 cups shredded Cheddar cheese
4 eggs, beaten
2 1/2 cups milk
1 10-ounce can cream of mushroom soup
1 4-ounce can chopped mushrooms
3/4 teaspoon dry mustard

Brown sausage in skillet, stirring until crumbly; drain. Layer croutons, cheese and sausage in greased 9x13-inch baking dish. Combine eggs, milk, soup, mushrooms and dry mustard in bowl; mix well. Pour over layers. Chill in refrigerator overnight. Bake at 300 degrees for 1 1/2 hours.

Carol Tufano

Cheesy Sausage Quiche

Yield:
8 servings
Utensil:
deep pie plate
Approx Per Serving:
Cal 338
Prot 14 g
Carbo 15 g
Fiber 1 g
T Fat 25 g
Chol 102 mg
Sod 978 mg

12 ounces link sausage
1/2 cup thinly sliced onion
1/3 cup chopped green bell pepper
1 1/2 cups shredded sharp Cheddar cheese
1 tablespoon flour
1 9-inch deep-dish pie shell
2 eggs, beaten
1 cup evaporated milk
1 tablespoon parsley flakes
1/2 teaspoon garlic salt
3/4 teaspoon seasoned salt
1/4 teaspoon pepper

Brown sausage on all sides in skillet. Remove with slotted spoon and slice. Sauté onion and green pepper in drippings in skillet. Mix cheese and flour in bowl. Add sausage and sautéed vegetables; mix well. Spoon into pie shell. Combine eggs, evaporated milk, parsley flakes, garlic salt, seasoned salt and pepper in bowl; mix well. Pour over sausage mixture. Bake at 375 degrees for 35 to 40 minutes or until set.

Deidra Dennis

Chili Hominy Pie

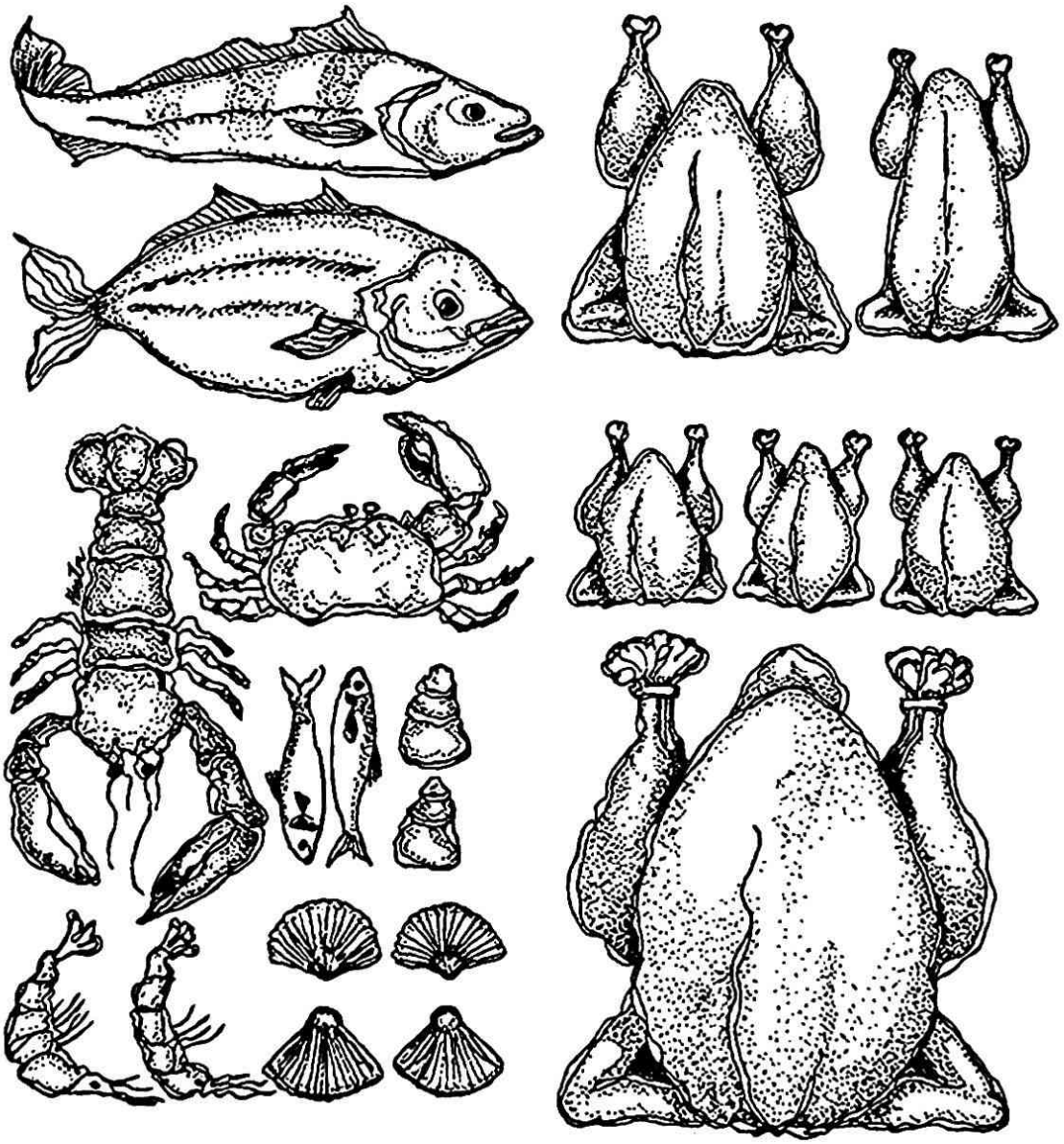
Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 347
Prot 11 g
Carbo 25 g
Fiber 1 g
T Fat 22 g
Chol 33 mg
Sod 1193 mg

1 16-ounce can hominy
1 16-ounce can chili without beans
1 medium onion, sliced
1 cup shredded American cheese
3/4 cup cracker crumbs
2 tablespoons butter

Drain hominy, reserving 1/2 cup liquid. Alternate layers of chili and hominy in baking dish, beginning and ending with chili. Pour reserved liquid over layers. Top with onion, cheese and cracker crumbs. Dot with butter. Bake at 350 degrees for 20 to 25 minutes or until heated through.

Mae Ryon

POULTRY And SEAFOOD



Baked Chicken à la Moo Moo

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 157
Prot 21 g
Carbo 2 g
Fiber 0 g
T Fat 7 g
Chol 50 mg
Sod 137 mg

4 chicken breasts, skinned
Greek seasoning, salt and pepper to taste
2 tablespoons margarine
1/2 cup 1% milk

Rinse chicken and pat dry. Arrange in shallow baking dish. Sprinkle with Greek seasoning, salt and pepper; dot with margarine. Add milk. Bake, covered with foil, at 350 degrees for 1 hour. Bake, uncovered, for 15 minutes longer or until tender.

Jim Garrett

Crisp-Crusted Baked Chicken

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 653
Prot 57 g
Carbo 42 g
Fiber 3 g
T Fat 28 g
Chol 241 mg
Sod 426 mg

1 egg
2 tablespoons milk
1 cup instant potato flakes
1/4 cup Parmesan cheese
1 teaspoon garlic powder
3 pounds cut-up chicken, skinned
1/4 cup melted butter

Beat egg and milk in bowl. Mix potato flakes, cheese and garlic powder in bowl. Rinse chicken and pat dry. Dip in egg mixture; coat with potato flake mixture. Roll in melted butter in shallow baking dish, coating well. Bake at 400 degrees for 45 to 50 minutes or until juices run clear when chicken is pierced with fork. Remove to serving plate. Garnish with celery leaves and slices.

Sharen Delgado Rodriguez

Baked Chicken Parmigiana

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 358
Prot 37 g
Carbo 13 g
Fiber 0 g
T Fat 18 g
Chol 89 mg
Sod 503 mg

3/4 cup baking mix
1/2 cup Parmesan cheese
1 teaspoon paprika
6 boneless chicken breasts, skinned
1 5-ounce can evaporated milk
1/4 cup melted margarine

Combine baking mix, cheese and paprika in bowl; mix well. Rinse chicken and pat dry. Dip in evaporated milk; coat with baking mix. Arrange in 9x13-inch baking dish. Drizzle with margarine. Bake at 350 degrees for 1 hour.

Zell Norris

Barbecued Chicken TRY

Yield:
15 servings
Utensil:
baking pan
Approx Per Serving:
Cal 506
Prot 42 g
Carbo 19 g
Fiber 2 g
T Fat 29 g
Chol 121 mg
Sod 758 mg

3 chickens, cut up
1 cup flour
1 1/2 cups melted margarine
2 onions, chopped
1 green bell pepper, chopped
1 small clove of garlic, chopped
1 16-ounce bottle of catsup
1 16-ounce can tomatoes
1 tablespoon mustard
2 tablespoons chili powder
1/4 cup Worcestershire sauce

Rinse chicken and pat dry. Coat with flour. Brown quickly in margarine in skillet, removing to 9x13-inch baking pan. Add onions, green pepper and garlic to drippings in skillet. Cook until light brown, stirring constantly. Stir in catsup, tomatoes, mustard, chili powder and Worcestershire sauce. Simmer for 5 to 10 minutes. Pour over chicken. Bake at 250 degrees for 2 hours. May simmer giblets in water to cover in saucepan and add to sauce if desired. May be made the day before serving.

Wanda L. Horn

Chicken Breasts with Dried Beef

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 359
Prot 32 g
Carbo 10 g
Fiber 1 g
T Fat 21 g
Chol 124 mg
Sod 1812 mg

1 4-ounce jar dried beef
4 chicken breast filets, skinned
2 slices bacon, cut into halves
8 ounces sour cream
1 10-ounce can cream of mushroom soup
1 4-ounce can sliced mushrooms

Shred beef into 2 or 3-quart baking dish. Rinse chicken and pat dry. Arrange over beef. Top with bacon. Bake, covered, at 325 degrees for 45 minutes. Combine sour cream, soup and undrained mushrooms in bowl; mix well. Pour over chicken. Bake for 30 minutes longer.

Kaleta Gabriel

Chicken with Broccoli and Rice

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 534
Prot 32 g
Carbo 43 g
Fiber 2 g
T Fat 26 g
Chol 94 mg
Sod 1633 mg

5 stalks celery, chopped
1 onion, chopped
2 tablespoons butter
1 10-ounce package frozen chopped broccoli, cooked
1 10-ounce can cream of chicken soup
1 10-ounce can cream of mushroom soup
3 cups cooked instant rice
1 16-ounce jar Cheez Whiz
2 8-ounce cans boned chicken

Sauté celery and onion in butter in saucepan. Add broccoli, soups, rice, Cheez Whiz and chicken; mix well. Cook until heated through. May spoon into baking dish and bake at 350 degrees until heated through if preferred. May substitute chopped cooked chicken for canned.

Pat Ervine

Two-Step Chicken Divan

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 281
Prot 24 g
Carbo 13 g
Fiber 3 g
T Fat 15 g
Chol 77 mg
Sod 215 mg

1 10-ounce package frozen broccoli spears
1½ cups chopped cooked chicken
1 10-ounce can cream of broccoli soup
⅓ cup milk
½ cup shredded Cheddar cheese
1 tablespoon melted butter
2 tablespoons dry bread crumbs

Cook broccoli using package directions; drain. Arrange in shallow 9-inch baking dish. Top with chicken. Combine soup and milk in bowl; mix well. Pour over chicken. Sprinkle with Cheddar cheese and mixture of butter and bread crumbs. Bake at 450 degrees for 15 minutes or until bubbly. May cover with waxed paper and microwave on High for 6 minutes, rotating dish after 3 minutes. May substitute 1 pound fresh broccoli for frozen if preferred.

Lula Lockaby

Calabaza con Pollo

Yield:
8 servings
Utensil:
large skillet
Approx Per Serving:
Cal 267
Prot 27 g
Carbo 14 g
Fiber 4 g
T Fat 12 g
Chol 60 mg
Sod 163 mg

2½ pounds chicken breasts
¼ cup oil
½ green bell pepper, chopped
1 onion, chopped
2 to 3 1-inch serrano peppers, chopped
2 cloves of garlic, crushed
2 tablespoons oil
1 16-ounce can tomatoes
½ teaspoon cumin
Salt and pepper to taste
8 yellow squash, sliced

Rinse chicken and pat dry. Brown well in ¼ cup oil in large skillet. Add a small amount of water. Simmer for 15 minutes. Drain and bone chicken. Sauté green pepper, onion, serrano peppers and garlic in 2 tablespoons oil in skillet. Add tomatoes, cumin, salt and pepper. Cook for 5 minutes. Add chicken, squash and enough water to cook squash. Cook, covered, until squash is tender. Serve with corn or flour tortillas. May use chopped fresh tomatoes or substitute 1 can Ro-Tel tomatoes with chilies for tomatoes and minced serrano pepper.

Dale R. Hart

Chinese-Style Chicken

Yield:
4 servings
Utensil:
wok
Approx Per Serving:
Cal 157
Prot 13 g
Carbo 11 g
Fiber 4 g
T Fat 8 g
Chol 25 mg
Sod 61 mg

2 chicken breasts, skinned, cooked
1 medium yellow onion
3 stalks celery
4 green onions with stems
1 4-ounce can bamboo shoots
6 water chestnuts
2 ounces fresh mushrooms
1½ cups fresh bean sprouts
2 tablespoons oil
3 tablespoons lemon juice
2 tablespoons sesame seed

Chop chicken into ¼-inch pieces. Slice onion, celery, green onions, bamboo shoots, chestnuts and mushrooms into thin strips. Stir-fry sliced vegetables and bean sprouts in oil in wok or skillet for 3 minutes; remove to serving bowl. Add chicken, lemon juice and sesame seed to wok. Stir-fry for 1 minute. Add to vegetables; mix lightly. Serve over brown rice.

Marion Jones

Cranberry Chicken

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 262
Prot 20 g
Carbo 16 g
Fiber 1 g
T Fat 13 g
Chol 49 mg
Sod 363 mg

12 pieces cut-up chicken
1 16-ounce can cranberry sauce
1 cup French salad dressing
1 envelope onion soup mix

Rinse chicken and pat dry; place in large baking dish. Combine cranberry sauce, salad dressing and soup mix in bowl; mix well. Pour over chicken. Bake at 325 degrees for 1½ hours.

Dorothy Medlin

Chicken and Dumplings

Yield:
6 servings
Utensil:
large saucepan
Approx Per Serving:
Cal 401
Prot 26 g
Carbo 29 g
Fiber 1 g
T Fat 21 g
Chol 99 mg
Sod 377 mg

1 2½-pound chicken
1 8-count package flour tortillas
½ cup butter
Salt and pepper to taste
2 tablespoons flour
½ cup milk

Rinse chicken and pat dry. Cook in water to cover in large saucepan until tender. Remove chicken, reserving broth; bone chicken. Cut tortillas into bite-sized pieces. Drop into boiling broth in saucepan. Add butter, salt and pepper. Cook until tortillas are very tender. Add chicken. Blend flour and milk in small bowl or covered jar. Stir into saucepan. Cook until thickened, stirring constantly.

Jane Whitten

One-Dish Chicken and Vegetables

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 282
Prot 24 g
Carbo 43 g
Fiber 5 g
T Fat 2 g
Chol 49 mg
Sod 480 mg

8 chicken breast filets
Salt and pepper to taste
8 large potatoes, peeled, cut into quarters
4 onions, cut into quarters
1 16-ounce can carrots
2 envelopes low-calorie chicken broth mix
3 to 4 cups water

Rinse chicken and pat dry. Sprinkle with salt and pepper. Place in large oven-cooking bag. Add potatoes, onions, carrots, broth mix and water; seal bag. Place in baking pan. Bake at 325 to 350 degrees until chicken and vegetables are tender.

Sarah Webb

Chicken Piccata

Yield:
6 servings
Utensil:
skillets
Approx Per Serving:
Cal 251
Prot 23 g
Carbo 14 g
Fiber 1 g
T Fat 10 g
Chol 49 mg
Sod 366 mg

2 egg whites
6 chicken breast filets
1/2 cup flour
2 tablespoons olive oil
1/2 onion, chopped
2 green onions, chopped
1/2 green bell pepper, chopped
Chopped parsley to taste
2 tablespoons olive oil
1 tablespoon flour
1/2 cup skimmed chicken broth
1/3 cup white wine
1 8-ounce can tomato sauce
Salt and pepper to taste

Beat egg whites just until foamy. Rinse chicken and pat dry. Pound with meat mallet to flatten. Coat with 1/2 cup flour; dip in egg whites. Brown on both sides in 2 tablespoons olive oil in skillet. Remove to warm platter. Sauté onion, green onions, green pepper and parsley in 2 tablespoons olive oil in separate skillet. Sprinkle with 1 tablespoon flour. Add chicken broth and wine. Stir in tomato sauce. Season with salt and pepper. Cook until thickened to desired consistency, stirring constantly. Add chicken. Cook until heated through. Serve with pasta and favorite vegetables.

Linda Wiatrek

Poppy Seed Chicken

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 523
Prot 19 g
Carbo 26 g
Fiber 1 g
T Fat 41 g
Chol 55 mg
Sod 1187 mg

4 chicken breasts, cooked
1 10-ounce can cream of celery soup
1 10-ounce can cream of mushroom soup
8 ounces sour cream
1/4 cup slivered almonds
1/2 cup melted margarine
1 1/2 cups butter cracker crumbs
3 tablespoons poppy seed

Cut chicken into bite-sized pieces; place in 9x13-inch baking dish. Combine soups, sour cream and almonds in bowl; mix well. Spread over chicken. Combine margarine, cracker crumbs and poppy seed in bowl; mix well. Sprinkle over top. Bake at 350 degrees for 20 to 25 minutes or until bubbly.

Beverely Young

Chicken Potpie

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 255
Prot 15 g
Carbo 19 g
Fiber 2 g
T Fat 13 g
Chol 35 mg
Sod 701 mg

1/3 cup melted margarine
1/3 cup flour
1/3 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper
1 3/4 cups chicken broth
1/2 cup milk
2 cups chopped cooked chicken
1 10-ounce package frozen peas and carrots
1 8-count can biscuits

Mix margarine, flour, onion, salt and pepper in saucepan. Cook over low heat until bubbly, stirring constantly; remove from heat. Stir in broth and milk. Bring to a boil, stirring constantly. Cook for 1 minute. Stir in chicken and peas and carrots. Spoon into 8x8-inch baking dish. Top with biscuits. Bake at 425 degrees for 30 to 35 minutes or until brown. May top with crescent roll dough if preferred.

Lynn Pompa

Easy Chicken Potpie

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 773
Prot 39 g
Carbo 69 g
Fiber 5 g
T Fat 38 g
Chol 102 mg
Sod 1335 mg

10 pieces cut-up chicken
2 2-crust packages ready pie pastry
4 small potatoes, cooked, chopped
1 10-ounce package frozen carrots, cooked
2 10-ounce cans cream of chicken soup
2 tablespoons melted butter

Rinse chicken and pat dry. Cook in water to cover until tender; drain. Bone chicken. Fit half the pastry into 9x13-inch baking dish, using package directions and sealing edges. Combine chicken, potatoes, carrots and soup in bowl; mix well. Spoon into prepared dish. Top with remaining pastry; seal and trim edges. Brush top with butter; cut vents. Bake at 350 degrees for 20 to 25 minutes or until brown.

Joyce Curry

Chicken and Rice

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 466
Prot 36 g
Carbo 29 g
Fiber 1 g
T Fat 22 g
Chol 107 mg
Sod 694 mg

1 10-ounce can cream of celery soup
1/2 soup can water
6 tablespoons melted margarine
1 cup uncooked rice
1 envelope onion soup mix
1 chicken, cut-up

Combine soup, water, margarine, rice and half the soup mix in bowl; mix well. Spoon into 9-inch baking dish. Rinse chicken and pat dry. Arrange in prepared dish. Sprinkle with remaining soup mix. Bake, covered, at 350 degrees for 1 1/2 hours.

Barbara Bennett

Chicken Rolls

Yield:
8 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 594
Prot 16 g
Carbo 30 g
Fiber 1 g
T Fat 48 g
Chol 68 mg
Sod 1390 mg

6 ounces cream cheese with chives, softened
1/4 cup butter, softened
1/8 teaspoon pepper
2 cups chopped cooked chicken
1 4-ounce can mushrooms, drained
2 8-count cans crescent rolls
1/2 cup melted margarine
1/2 cup chopped pecans
1 cup crushed sage dressing mix

Combine cream cheese, butter and pepper in bowl; mix until smooth. Mix in chicken and mushrooms gently. Separate roll dough into triangles. Spoon chicken mixture onto dough. Roll up to enclose filling. Dip rolls in margarine; roll in mixture of pecans and dressing mix. Arrange on ungreased baking sheet. Bake at 350 degrees for 20 minutes.

Vernita Willingham

Chicken and Almond Casserole

Yield:
16 servings
Utensil:
baking dish
Approx Per Serving:
Cal 407
Prot 25 g
Carbo 12 g
Fiber 3 g
T Fat 30 g
Chol 64 mg
Sod 630 mg

4 pounds chicken breasts
2½ cups chopped celery
1 medium onion, chopped
1 8-ounce can sliced water chestnuts
2 10-ounce cans cream of chicken soup
1 10-ounce can cream of mushroom soup
1½ cups mayonnaise
2 cups crushed potato chips
1 8-ounce package sliced almonds

Rinse chicken and pat dry. Cook in water to cover in saucepan until tender. Drain, reserving broth. Chop chicken into bite-sized pieces. Sprinkle chicken, celery, onion and water chestnuts in oiled 9x13-inch baking dish. Combine soups and mayonnaise in small bowl; mix well. Spread over casserole. Top with potato chips and almonds. Pour a small amount of reserved chicken broth around edges. Bake at 350 degrees for 45 minutes.

Nita Riemer

Chicken Supreme

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 394
Prot 23 g
Carbo 19 g
Fiber <1 g
T Fat 27 g
Chol 64 mg
Sod 692 mg

8 chicken breasts, skinned
Salt and pepper to taste
8 ounces sour cream
1 10-ounce can cream of chicken soup
2 cups crushed butter crackers
½ cup melted margarine
Sesame seed to taste

Rinse chicken and pat dry. Season with salt and pepper; arrange in single layer in baking dish. Combine sour cream and soup in bowl; mix well. Spoon over chicken. Top with cracker crumbs; drizzle with margarine. Sprinkle with sesame seed. Bake at 350 degrees for 1 hour.

Kathryn Snelling

Marjorie Morris prepares *Yum-Yum Chicken* by mixing 3 cups chopped cooked chicken with 1 can cream of chicken soup, 1 can cream of mushroom soup and 1 cup sour cream in baking dish. She sautés ½ cup celery and ¼ cup onion in ½ cup margarine, mixes with 1 cup broth and 1 package of chicken-flavored stuffing mix, and tops chicken mixture, then bakes at 350 degrees until brown and bubbly.

Chicken Casserole

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 979
Prot 64 g
Carbo 112 g
Fiber 3 g
T Fat 29 g
Chol 133 mg
Sod 4058 mg

1 chicken
1 large onion, chopped
1 cup chopped celery
1 10-ounce can cream of chicken soup
1 10-ounce can cream of celery soup
8 ounces sour cream
1 8-ounce package chicken-flavored stove-top stuffing mix
1 18-ounce package corn bread stuffing mix, crushed

Rinse chicken and pat dry. Cook in water to cover in saucepan until tender. Drain, reserving 4 cups chicken broth. Cut chicken into bite-sized pieces. Add onion and celery to reserved broth in saucepan. Cook until tender. Add chicken, soups, sour cream and stuffing mixes; mix well. Spoon into 9x13-inch baking dish. Bake at 350 degrees for 20 minutes.

Darlene Baird

Delicious Chicken Casseroles

Yield:
20 servings
Utensil:
2 baking dishes
Approx Per Serving:
Cal 319
Prot 26 g
Carbo 26 g
Fiber 1 g
T Fat 12 g
Chol 93 mg
Sod 633 mg

1 16-ounce package wide noodles, cooked
Salt to taste
5 pounds chicken breasts
2 eggs, beaten
2 pimentos, chopped
1 tablespoon salt
1 green bell pepper, chopped
1/2 cup butter
10 tablespoons flour
1 cup evaporated milk
1 10-ounce can cream of mushroom soup
1 4-ounce can mushrooms
1/4 cup melted butter
1 cup bread crumbs

Drain noodles; season with salt to taste. Rinse chicken. Cook in water to cover in saucepan until tender. Drain and chop, reserving 4 cups chicken broth. Mix eggs with pimentos and 1 tablespoon salt. Sauté green pepper in 1/2 cup butter in skillet. Stir in flour. Add reserved chicken broth, evaporated milk, soup and mushrooms. Cook until thickened, stirring constantly. Stir a small amount of hot mixture into eggs; stir eggs into hot mixture. Cook until thickened, stirring constantly. Alternate layers of noodles, chicken and sauce in 2 baking dishes sprayed with non-stick cooking spray. Top with mixture of 1/4 cup butter and bread crumbs. Bake at 325 degrees for 45 minutes.

Winnie McMichael

Hot Chicken Salad

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 429
Prot 16 g
Carbo 12 g
Fiber 2 g
T Fat 36 g
Chol 59 mg
Sod 876 mg

2 cups chopped cooked chicken
2 cups chopped celery
3 tablespoons minced onion
3/4 cup mayonnaise
1 4-ounce can mushrooms, drained
1/2 cup chopped pecans
3 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
1 10-ounce can cream of chicken soup
1 cup crushed potato chips

Combine chicken, celery, onion, mayonnaise, mushrooms, pecans, lemon juice, salt and pepper in bowl; mix well. Spoon into 2-quart baking dish. Spoon chicken soup over top. Sprinkle with potato chips. Bake at 350 degrees for 30 minutes.

Betty Bodine (Mrs. Joe)

Italian Chicken

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 216
Prot 11 g
Carbo 14 g
Fiber 1 g
T Fat 13 g
Chol 48 mg
Sod 522 mg

2 chicken breasts, skinned
3 tablespoons butter
1 12-ounce jar spaghetti sauce
2 cups chopped celery
1 teaspoon Italian seasoning
Garlic powder to taste

Rinse chicken and pat dry. Cut into strips. Sauté in butter in saucepan. Add spaghetti sauce, celery and seasonings. Simmer for 10 minutes. Serve over cooked spaghetti.

Hazel Carmichael

JAMBALAYA

Yield:
6 servings
Utensil:
heavy saucepan
Approx Per Serving:
Cal 328
Prot 19 g
Carbo 35 g
Fiber 3 g
T Fat 12 g
Chol 55 mg
Sod 570 mg

1 medium onion, chopped
1 medium green bell pepper, chopped
1 cup sliced celery
2 cloves of garlic, minced
2 tablespoons butter
1 pound chicken breasts
1½ cups sliced okra
2 cups chopped tomatoes
2 bay leaves
½ teaspoon thyme
½ teaspoon oregano
¼ teaspoon Tabasco sauce
1 teaspoon salt
3 cups water
1 cup uncooked rice
8 ounces spicy sausage, sliced ¼ inch thick

Sauté onion, green pepper, celery and garlic in butter in heavy saucepan until tender. Rinse chicken and pat dry. Chop into bite-sized pieces. Add chicken, okra, tomatoes, bay leaves, thyme, oregano, Tabasco sauce and salt to saucepan; mix well. Cook over medium heat for 10 to 15 minutes or until chicken is cooked through. Add water and rice. Bring to a boil; reduce heat. Simmer, covered, for 15 minutes. Add sausage. Cook for 10 minutes longer. Remove bay leaves.

Linda Hargis

CHICKEN AND TORTILLA CASSEROLE

Yield:
8 servings
Utensil:
deep baking dish
Approx Per Serving:
Cal 641
Prot 45 g
Carbo 40 g
Fiber 2 g
T Fat 34 g
Chol 139 mg
Sod 1263 mg

1 8-count package tortillas
1 chicken, cooked, chopped
1 pound longhorn cheese, shredded
1 white onion, chopped
1 10-ounce can Ro-Tel tomatoes with chilies
1 10-ounce can cream of chicken soup
1 10-ounce can cream of mushroom soup

Line deep baking dish with tortillas. Layer chicken, cheese, onion, tomatoes, soups and remaining tortillas ½ at a time in prepared dish. Bake at 400 degrees until hot and bubbly.

Edna Mae Butler

Chicken Enchiladas

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 1161
Prot 62 g
Carbo 80 g
Fiber 4 g
T Fat 69 g
Chol 200 mg
Sod 2352 mg

4 chicken breasts
1 small onion, chopped
2 cups shredded Cheddar cheese
8 ounces sour cream
1 10-ounce can cream of chicken soup
1 10-ounce can cream of mushroom soup
1 4-ounce can chopped green chilies
8 flour tortillas
2 cups shredded Cheddar cheese

Rinse chicken and pat dry. Cook in water to cover in saucepan until tender. Drain, reserving broth. Cut chicken into bite-sized pieces. Combine with onion and 2 cups cheese in bowl; mix well. Combine sour cream, soups and chilies in small bowl; mix well. Spread a small amount of soup mixture in 9x13-inch baking dish. Heat reserved broth in saucepan. Dip each tortilla with tongs into broth for 2 seconds. Spoon chicken mixture onto tortillas. Roll to enclose filling. Arrange in prepared dish. Spread with remaining soup mixture. Bake at 350 degrees for 30 minutes. Top with remaining 2 cups cheese. Bake for 5 minutes longer.

Warren E. Basshem

Chicken Enchilada Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 499
Prot 30 g
Carbo 31 g
Fiber 2 g
T Fat 28 g
Chol 91 mg
Sod 784 mg

1 10-ounce can cream of chicken soup
1 10-ounce can Ro-Tel tomatoes with chilies
1 5-ounce can evaporated milk
1 medium onion, chopped
3 6-ounce cans boned white chicken chunks
1 12-ounce package tortilla chips
2 cups shredded Cheddar cheese

Combine soup, tomatoes, evaporated milk, onion and chicken in bowl; mix well. Layer tortilla chips, chicken mixture and cheese 1/2 at a time in baking dish. Bake at 350 degrees until bubbly. Serve over additional tortilla chips.

Lindie Buck

Easy Chicken Enchiladas

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 560
Prot 36 g
Carbo 29 g
Fiber 2 g
T Fat 34 g
Chol 113 mg
Sod 1012 mg

1 10-ounce can cream of mushroom soup
1 10-ounce can cream of chicken soup
1 5-ounce can evaporated milk
1 10-ounce can Ro-Tel tomatoes with chilies
1 medium onion, chopped
1 small red or green bell pepper, chopped
5 cups chopped cooked chicken
1 12-ounce package nacho cheese-flavored tortilla chips
1 pound Cheddar cheese, shredded

Combine first 7 ingredients in bowl; mix well. Spread layer of chips in 10x14-inch baking dish. Layer chicken mixture, cheese and remaining chips 1/2 at a time in prepared dish. Chill overnight. Bake at 350 degrees for 50 to 60 minutes or until bubbly. May bake same day but flavor improves overnight.

Debbie Young

Spinach Enchilada Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 655
Prot 41 g
Carbo 38 g
Fiber 7 g
T Fat 39 g
Chol 129 mg
Sod 1003 mg

1 10-ounce can cream of chicken soup
8 ounces sour cream
1 4-ounce can chopped green chilies
1 10-ounce package frozen chopped spinach, thawed, drained
2 tablespoons minced onion
2 cups chopped cooked chicken
3/4 cup minced onion
1 pound Monterey Jack cheese, shredded
12 corn tortillas
1 cup chicken broth

Combine soup, sour cream, chilies, spinach and 2 tablespoons onion in blender container. Process until smooth. Combine chicken, 3/4 cup onion and half the cheese in bowl; mix well. Soften tortillas in chicken broth. Spoon chicken mixture onto tortillas; roll to enclose filling. Arrange in baking dish. Top with spinach mixture and remaining cheese. Bake at 325 degrees for 30 minutes.

Nutritional information includes the entire amount of chicken broth.

Billie Weis

Sour Cream Chicken Enchiladas

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 1001
Prot 44 g
Carbo 76 g
Fiber 5 g
T Fat 61 g
Chol 164 mg
Sod 1168 mg

4 chicken breasts
1 onion, chopped
1 tablespoon margarine
1 4-ounce can chopped green chilies
2 4-ounce cans sliced mushrooms, drained
1¼ cups shredded Cheddar cheese
½ teaspoon garlic powder
½ teaspoon chili powder
1 cup sour cream
12 flour tortillas
¼ cup flour
¼ cup melted butter
1 cup shredded Monterey Jack cheese
1½ cups sour cream
Chili powder to taste
1½ cups shredded Monterey Jack cheese

Rinse chicken and pat dry. Cook in water to cover in saucepan until tender. Drain, reserving 1½ cups broth. Cool and chop chicken. Sauté onion in margarine in skillet. Add chicken, green chilies, mushrooms, Cheddar cheese, garlic powder, ½ teaspoon chili powder and 1 cup sour cream; mix well. Microwave tortillas on High for 1 minute or until softened. Spoon chicken mixture onto tortillas. Roll to enclose filling. Place seam side down in greased 9x13-inch baking dish. Blend flour into butter in saucepan. Stir in reserved broth. Cook until thickened and bubbly, stirring constantly. Stir in 1 cup Monterey Jack cheese, 1½ cups sour cream and additional chili powder to taste. Pour over enchiladas. Bake at 350 degrees for 30 minutes. Sprinkle with remaining 1½ cups Monterey Jack cheese. Bake just until cheese melts.

Sherry Steele

Winnie's Chicken Enchiladas

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 589
Prot 36 g
Carbo 25 g
Fiber 4 g
T Fat 39 g
Chol 131 mg
Sod 1054 mg

2 10-ounce cans cream of chicken soup
2 cups sour cream
1 4-ounce can chopped green chilies
2 or 3 jalapeño peppers, chopped
3 cups chopped cooked chicken
1 8-count package corn tortillas
1 cup warm chicken broth
8 ounces Cheddar cheese, shredded
8 ounces Monterey Jack cheese, shredded
2 bunches green onions, chopped

Combine soup, sour cream, green chilies and jalapeño peppers in bowl; mix well. Spread 1/4-inch layer of soup mixture in baking dish. Stir chicken into remaining soup mixture. Dip tortillas into warm chicken broth. Tear into quarters. Layer half the tortillas, chicken mixture, remaining tortillas and mixture of cheeses in prepared baking dish. Sprinkle with green onions. Bake, covered loosely with foil, at 350 degrees for 30 minutes or until bubbly.

Winnie McMichael

King Ranch Casserole

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 398
Prot 29 g
Carbo 20 g
Fiber 2 g
T Fat 23 g
Chol 87 mg
Sod 809 mg

1 chicken
1 10-ounce can cream of mushroom soup
1 10-ounce can cream of chicken soup
1 8-ounce package tortilla chips
1 onion, finely chopped
1 10-ounce can Ro-Tel tomatoes with chilies
2 cups shredded Cheddar cheese

Rinse chicken and pat dry. Cook in water to cover in large saucepan until tender. Drain, reserving 1 cup broth. Chop chicken. Combine soups and reserved broth in bowl; mix well. Layer tortilla chips, chicken, soup mixture, onion, tomatoes and cheese 1/2 at a time in large baking dish. Bake at 350 degrees for 35 to 40 minutes or until heated through.

Rita McClendon

King Ranch Chicken Casserole

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 381
Prot 26 g
Carbo 21 g
Fiber 3 g
T Fat 22 g
Chol 83 mg
Sod 706 mg

12 corn tortillas
3 cups chopped cooked chicken
3 cups shredded Cheddar cheese
1½ 10-ounce cans Ro-Tel tomatoes with chilies
1¼ 10-ounce cans cream of mushroom soup
Garlic salt and pepper to taste
1 cup shredded Cheddar cheese
½ cup warm chicken broth

Tear tortillas into bite-sized pieces. Sprinkle in shallow 9x13-inch baking dish. Layer chicken, 3 cups cheese, tomatoes and soup in prepared dish. Sprinkle with garlic salt, pepper and remaining 1 cup cheese. Pour broth over layers. Bake at 350 degrees for 45 minutes. May make in advance and refrigerate until baking time.

Vera Jay

Chicken Mexicali

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 379
Prot 22 g
Carbo 25 g
Fiber 2 g
T Fat 22 g
Chol 60 mg
Sod 958 mg

4 chicken breasts, cooked, chopped
1 10-ounce can Ro-Tel tomatoes with chilies
1 onion, chopped
2 10-ounce cans cream of chicken soup
1 8-ounce package taco-flavored tortilla chips
8 ounces Cheddar cheese, shredded

Combine chicken, tomatoes, onion and soup in bowl; mix well. Alternate chicken mixture with tortilla chips in baking dish until all ingredients are used. Top with cheese. Bake at 350 degrees for 35 minutes. May use nacho-flavored tortilla chips if preferred.

Gloria Sherrard

Chicken Olé

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 688
Prot 33 g
Carbo 49 g
Fiber 2 g
T Fat 42 g
Chol 115 mg
Sod 1252 mg

4 chicken breasts
10 flour tortillas
16 ounces sour cream
1 10-ounce can cream of mushroom soup
1 10-ounce can cream of chicken soup
1/2 cup milk
1 4-ounce can chopped green chilies
1 pound Cheddar cheese, shredded

Rinse chicken and pat dry. Cook in water to cover in saucepan until tender. Drain, reserving broth. Chop chicken into bite-sized pieces. Dip tortillas in reserved hot chicken broth to soften. Alternate layers of tortillas and chicken in 9x13-inch baking dish. Combine sour cream, soups, milk and chilies in bowl; mix well. Spread over layers. Top with cheese. Chill for 8 to 24 hours. Bake at 325 degrees for 2 hours.

Norma C. (Peggy) Jones

Santa Fe Chicken

Yield:
1 serving
Utensil:
plate
Approx Per Serving:
Cal 142
Prot 20 g
Carbo 5 g
Fiber 1 g
T Fat 5 g
Chol 59 mg
Sod 89 mg

1 4-ounce chicken breast filet
1 teaspoon melted butter
1 tablespoon lime juice
1/4 teaspoon chili powder
1/8 teaspoon garlic powder
1 tablespoon chopped cilantro
3 lime slices

Rinse chicken and pat dry. Pound flat between plastic wrap. Place on microwave-safe plate. Blend butter and lime juice in bowl. Spread over chicken. Sprinkle with chili powder, garlic powder and cilantro. Arrange lime slices over top. Microwave, covered with plastic wrap, on High for 1 minute and 45 seconds. Let stand for several minutes before serving.

Linda Abuelghanam

Chicken Spaghetti

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 318
Prot 26 g
Carbo 5 g
Fiber 1 g
T Fat 22 g
Chol 107 mg
Sod 660 mg

1 large onion, chopped
4 cloves of garlic, minced
1 4-ounce can sliced mushrooms, drained
1/2 cup butter
1 cup chicken broth
1 16-ounce can tomatoes
8 ounces American cheese, shredded
2 teaspoons cumin
1 large chicken, cooked, chopped
10 ounces spaghetti, cooked, drained

Sauté onion, garlic and mushrooms in butter in saucepan. Add broth, tomatoes, cheese and cumin. Simmer until cheese melts. Stir in chicken and spaghetti. Spoon into 9x13-inch baking dish. Bake, covered, at 350 degrees for 30 to 35 minutes or until bubbly. Flavor improves if casserole is refrigerated overnight before baking.

Ken Joplin

Chicken Tetrazzini

Yield:
4 servings
Utensil:
baking dishes
Approx Per Serving:
Cal 780
Prot 39 g
Carbo 53 g
Fiber 4 g
T Fat 45 g
Chol 219 mg
Sod 1107 mg

1/4 cup flour
1/2 teaspoon salt
1/4 cup melted butter
2 cups chicken stock
8 ounces fresh mushrooms, sliced
3 tablespoons butter
2 cups chopped cooked chicken
1 tablespoon Sherry
3 tablespoons light cream
4 drops of Tabasco sauce
1 egg yolk, slightly beaten
8 ounces spaghetti, broken into 2-inch pieces, cooked
1 cup shredded Cheddar cheese
2 tablespoons butter

Blend flour, salt and 1/4 cup butter in 1 1/2-quart saucepan. Stir in chicken stock gradually. Cook for 10 minutes or until thickened, stirring constantly. Sauté mushrooms in 3 tablespoons butter in skillet for 5 minutes. Stir in chicken, wine, cream, Tabasco sauce and egg yolk. Cook over medium heat until heated through, stirring constantly; do not boil. Alternate layers of spaghetti and sauce in four 2-cup baking dishes. Sprinkle with cheese. Dot with 2 tablespoons butter. Bake at 425 degrees for 5 minutes or until brown.

Edna Estill

Chicken Vermicelli

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 719
Prot 55 g
Carbo 55 g
Fiber 7 g
T Fat 29 g
Chol 165 mg
Sod 1180 mg

5 pounds chicken breasts and thighs
1 large onion, cut into quarters
3 large cloves of garlic
3 bay leaves
Salt and pepper to taste
2 onions, chopped
6 stalks celery, chopped
3 red or green bell peppers, chopped
1 pound mushrooms, thinly sliced
3 large cloves of garlic, minced
1/2 cup butter
3 cups vegetable juice cocktail
1 cup stuffed green olives
1/2 cup chopped pimento
1/4 cup chili powder
1 24-ounce package vermicelli
2 cups chopped Velveeta cheese
1 cup dry Sherry

Rinse chicken; pat dry. Combine with onion quarters, 3 cloves of garlic, bay leaves, salt, pepper and water to cover in large saucepan. Simmer until tender. Let chicken stand in broth until cool. Remove and chop chicken, reserving broth. Strain broth; divide into 2 equal portions. Sauté chopped onions, celery, bell pepper, mushrooms and 3 cloves of garlic in butter in saucepan. Add chicken, half the broth, vegetable juice, olives, pimento, chili powder, salt and pepper; mix well. Spoon into large baking dish. Bake at 350 degrees for 1 1/2 hours. Cook vermicelli in remaining broth in saucepan, using package directions; drain. Stir pasta and cheese gently into chicken mixture. Bake for 30 minutes longer. Stir in wine just before serving.

Larry McCarthy

Texas Turkey

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 501
Prot 28 g
Carbo 36 g
Fiber 3 g
T Fat 27 g
Chol 88 mg
Sod 998 mg

1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup margarine
1/2 cup flour
1 teaspoon Worcestershire sauce
1 chicken bouillon cube
2 cups milk
1 teaspoon salt
3 cups chopped cooked turkey
1 4-ounce can chopped green chilies
1 8-ounce package corn bread mix

Sauté celery and onion in margarine in saucepan. Stir in flour, Worcestershire sauce, bouillon cube, milk and salt. Cook for 1 minute or until thickened, stirring constantly; remove from heat. Stir in turkey and green chilies. Spoon into 2-quart baking dish. Prepare corn bread mix using package directions. Spoon over casserole. Bake at 425 degrees for 20 minutes or until golden brown.

Felicia Smith

Blackened Fish

Yield:
8 servings
Utensil:
cast-iron skillet
Approx Per Serving:
Cal 378
Prot 45 g
Carbo 1 g
Fiber <1 g
T Fat 20 g
Chol 138 mg
Sod 1733 mg

1 tablespoon paprika
1 teaspoon onion powder
1 1/2 teaspoons garlic powder
1 teaspoon red pepper
1 tablespoon chopped parsley
1/2 teaspoon each white pepper, black pepper, thyme and oregano
2 tablespoons salt
8 1-inch thick fish filets
1/2 cup melted unsalted butter

Combine paprika, onion powder, garlic powder, red pepper, parsley, white pepper, black pepper, thyme, oregano and salt in small bowl; mix well. Dip fish into melted butter; sprinkle on both sides with seasoning mixture. Cook in hot cast-iron skillet for 3 to 4 minutes on each side or until blackened. May add 1 tablespoon butter to skillet if necessary to prevent sticking.

May Gleen

Southern-Fried Catfish

Yield:
4 servings
Utensil:
deep skillet
Approx Per Serving:
Cal 639
Prot 44 g
Carbo 85 g
Fiber 8 g
T Fat 13 g
Chol 105 mg
Sod 898 mg

2 pounds catfish filets
1 cup mustard
3 cups cornmeal
3 cups canola oil for frying

Clean and rinse filets, discarding excess skin and fat. Coat well with mustard. Roll in cornmeal, coating well. Fry in 1/2 inch or more oil in deep skillet until golden brown.

Nutritional information does not include oil.

Dave Rumbeck

Grilled Mahi Mahi in Red Onion Butter

Yield:
4 servings
Utensil:
grill
Approx Per Serving:
Cal 671
Prot 46 g
Carbo 7 g
Fiber 1 g
T Fat 48 g
Chol 179 mg
Sod 147 mg

4 8-ounce Mahi Mahi filets
2 tablespoons extra-virgin olive oil
2 medium red onions, sliced 1/8 inch thick
Freshly ground white pepper to taste
3 tablespoons extra-virgin olive oil
Leaves of 1 sprig fresh thyme
1/2 cup dry white wine
1/2 cup whipping cream
Salt and pepper to taste
1/4 cup unsalted butter

Drizzle fish with 2 tablespoons olive oil in shallow dish. Top with 4 slices onion and white pepper. Marinate for 2 to 3 hours in refrigerator. Sauté remaining onion slices in 3 tablespoons olive oil in sauté pan until tender-crisp and light golden brown. Stir in thyme. Add wine, stirring to deglaze pan. Cook until wine is reduced by half. Stir in cream. Cook until sauce is slightly reduced. Season with salt and pepper. Whisk in butter gradually. Keep sauce warm. Remove fish from marinade; season on both sides with salt. Grill over mesquite fire just until fish feels slightly springy to the touch. Spoon onion butter onto 4 warm plates. Top with grilled fish. Garnish with small springs of thyme. May sauté fish in sauté pan in mixture of olive oil and butter over high heat if preferred.

Glenda Barrow

Salmon Puffs

Yield:
6 servings
Utensil:
muffin pan
Approx Per Serving:
Cal 173
Prot 17 g
Carbo 7 g
Fiber <1 g
T Fat 9 g
Chol 122 mg
Sod 130 mg

1 16-ounce can salmon, drained, flaked
1/2 cup bread crumbs
1 tablespoon melted butter
1 tablespoon lemon juice
2 eggs, beaten
Sage, salt and pepper to taste

Combine salmon, bread crumbs, butter, lemon juice, eggs, sage, salt and pepper in bowl; mix well. Spoon into 6 oiled muffin cups. Bake at 350 degrees for 30 minutes. Serve with cream sauce or cheese sauce.

Dessie Schaffer

Filet of Sole with Broccoli

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 289
Prot 28 g
Carbo 14 g
Fiber 3 g
T Fat 12 g
Chol 87 mg
Sod 601 mg

1/4 cup butter
1/4 cup flour
1 teaspoon tarragon
1 teaspoon salt
1/8 teaspoon pepper
2 cups milk
1/2 cup dry white wine
2 16-ounce packages frozen sole filets, partially thawed
Salt and pepper to taste
2 tablespoons lemon juice
2 tablespoons Parmesan cheese
2 10-ounce packages frozen chopped broccoli
2 tablespoons lemon juice

Melt butter in medium saucepan over low heat; remove from heat. Stir in flour, tarragon, salt and 1/8 teaspoon pepper. Add milk gradually. Bring to a boil over medium heat, stirring constantly; reduce heat. Stir in wine. Simmer for 3 minutes. Reserve 1 cup sauce. Arrange fish in baking dish. Sprinkle with salt, pepper and 2 tablespoons lemon juice. Spoon remaining sauce over fish. Sprinkle with cheese. Bake at 350 degrees until fish flakes easily. Cook broccoli using package directions; drain. Add reserved 1 cup sauce and 2 tablespoons lemon juice; mix gently. Arrange in circle on serving plate. Arrange fish in center.

Dr. Mary Grace Wilhite

Baked Broccoli and Tuna

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 207
Prot 27 g
Carbo 17 g
Fiber 6 g
T Fat 5 g
Chol 38 mg
Sod 699 mg

2½ pounds fresh broccoli
Salt to taste
1 10-ounce can cream of mushroom soup
⅔ cup skim milk
⅓ cup lemon juice
2 7-ounce cans water-pack tuna
2 tablespoons seasoned bread crumbs

Chop broccoli into flowerets; slice stems. Cook, covered, in 1 inch salted water in saucepan for 8 minutes or until tender-crisp; drain. Add soup, milk, lemon juice and tuna; mix well. Spoon into 2-quart baking dish. Sprinkle with bread crumbs. Bake at 450 degrees until bubbly and golden brown.

Rosa U. Duran

Tuna Italian

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 288
Prot 18 g
Carbo 21 g
Fiber 1 g
T Fat 15 g
Chol 23 mg
Sod 790 mg

½ cup chopped onion
1 tablespoon butter
1 10-ounce can cream of mushroom soup
1 5-ounce can evaporated milk
⅓ cup Parmesan cheese
1 7-ounce can tuna, drained
1 3-ounce can sliced mushrooms, drained
¼ cup chopped black olives
2 tablespoons chopped parsley
2 teaspoons lemon juice
4 ounces noodles, cooked, drained
2 tablespoons Parmesan cheese
Paprika to taste

Sauté onion in butter until tender but not brown. Add soup, evaporated milk and ⅓ cup cheese. Cook until heated through, stirring constantly. Add tuna, mushrooms, olives, parsley, lemon juice and noodles; mix gently. Spoon into 2-quart baking dish. Top with 2 tablespoons cheese and paprika. Bake at 350 degrees for 25 to 30 minutes or until bubbly. Garnish with additional parsley and sliced olives.

Betty Murry

Overnight Tuna Casserole

Yield:
7 servings
Utensil:
baking dish
Approx Per Serving:
Cal 390
Prot 30 g
Carbo 32 g
Fiber 2 g
T Fat 15 g
Chol 117 mg
Sod 1014 mg

7 ounces uncooked macaroni
2 7-ounce cans water-pack tuna, drained
1/2 cup finely chopped green bell pepper
1/2 cup finely chopped onion
2 hard-boiled eggs, chopped
1 tablespoon chopped pimento
2 10-ounce cans cream of mushroom soup
2 cups low-fat milk
1 cup shredded low-fat Cheddar cheese

Combine macaroni, tuna, green pepper, onion, eggs, pimento, soup, milk and cheese in large bowl; mix well. Spoon into greased 3-quart baking dish. Chill, covered, for 8 hours to overnight. Let stand at room temperature for 15 minutes. Bake at 375 degrees for 1 hour to 1 hour and 10 minutes or until casserole is bubbly and macaroni is tender.

Diane Winfield

Deviled Crab

Yield:
8 servings
Utensil:
crab shells
Approx Per Serving:
Cal 201
Prot 13 g
Carbo 9 g
Fiber <1 g
T Fat 12 g
Chol 127 mg
Sod 617 mg

1/4 cup flour
1/4 cup melted butter
1 cup milk
2 7-ounce cans crab meat
1 teaspoon prepared mustard
1 teaspoon Worcestershire sauce
Tabasco sauce to taste
1 tablespoon minced parsley
1 teaspoon salt
Pepper to taste
1/4 cup cracker crumbs
2 eggs, beaten
1/4 cup cracker crumbs
2 tablespoons butter

Blend flour into 1/4 cup butter in saucepan. Stir in milk. Cook until very thick, stirring constantly; remove from heat. Add crab meat, mustard, Worcestershire sauce, Tabasco sauce, parsley, salt and pepper; mix well. Stir in 1/4 cup cracker crumbs and eggs. Spoon into crab shells; place on baking sheet. Top with remaining 1/4 cup cracker crumbs; dot with 2 tablespoons butter. Bake at 350 degrees for 10 minutes or until brown.

Janice Palmeri

Glenis' Hot Crab Sandwiches

Yield:
8 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 423
Prot 16 g
Carbo 13 g
Fiber 1 g
T Fat 34 g
Chol 91 mg
Sod 600 mg

2 7-ounce cans crab meat
1/2 cup chopped onion
1/2 cup chopped celery
1 cup mayonnaise
Juice of 1/2 lemon
3/4 cup shredded Cheddar cheese
Salt and pepper to taste
4 sandwich buns, split
1/4 cup butter, softened
1/4 cup shredded Cheddar cheese

Combine crab meat, onion, celery, mayonnaise, lemon juice, 3/4 cup cheese, salt and pepper in bowl; mix well. Spread buns with butter; place on baking sheet. Bake at 350 degrees just until warm. Spread with crab mixture; sprinkle with 1/4 cup cheese. Bake just until cheese melts.

Margery Anderson

New Orleans Barbecued Shrimp

Yield:
4 servings
Utensil:
baking dish
Approx Per Serving:
Cal 513
Prot 20 g
Carbo 4 g
Fiber <1 g
T Fat 47 g
Chol 301 mg
Sod 914 mg

1 cup melted butter
2 teaspoons prepared mustard
1/2 teaspoon each red pepper, white pepper and black pepper
1/2 teaspoon sugar
1 tablespoon flour
2 teaspoons Worcestershire sauce
1 clove of garlic, minced
Juice of 1 lemon
1/2 teaspoon salt
1 pound medium shrimp in shells

Combine butter with mustard, peppers, sugar, flour, Worcestershire sauce, garlic, lemon juice and salt in small bowl; mix until smooth. Pour over shrimp in 9x13-inch baking dish, coating well. Bake at 350 degrees for 30 minutes, stirring every 10 minutes. Serve with French bread to dip in butter sauce.

Bob Clifford

Shrimp and Rice Casserole

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 491
Prot 25 g
Carbo 21 g
Fiber 1 g
T Fat 34 g
Chol 179 mg
Sod 925 mg

3/4 cup uncooked rice
1 large onion, chopped
1 green bell pepper, chopped
2 stalks celery, chopped
3 tablespoons margarine
1 10-ounce can cream of mushroom soup
1 teaspoon Tabasco sauce
1 teaspoon garlic powder
1/2 teaspoon pepper
1 pound cooked shrimp
1 7-ounce can crab meat
1 4-ounce can mushrooms, drained
8 ounces cream cheese
1/2 cup margarine
1 cup shredded Cheddar cheese

Cook rice using package directions. Sauté onion, green pepper and celery in 3 tablespoons margarine in large saucepan. Add rice, soup, Tabasco sauce, garlic powder and pepper; mix well. Stir in shrimp, crab meat and mushrooms. Melt cream cheese with 1/2 cup margarine in double boiler, mixing well. Add to seafood mixture; mix gently. Spoon into 2 or 3-quart baking dish. Bake at 350 degrees for 20 to 25 minutes or until bubbly. Top with Cheddar cheese. Bake for 5 minutes longer. May substitute 2 cups chopped cooked chicken for seafood.

Anne Raabe

Shrimp Coquille

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 346
Prot 45 g
Carbo 6 g
Fiber <1 g
T Fat 14 g
Chol 438 mg
Sod 947 mg

1/2 cup shredded sharp Cheddar cheese
1 10-ounce can cream of mushroom soup
2 cups cooked peeled shrimp
2 tablespoons Sherry
2 hard-boiled eggs, chopped
1/2 cup shredded sharp Cheddar cheese
1 cup soft bread crumbs
Paprika to taste

Melt 1/2 cup cheese in soup in saucepan; mix well. Add shrimp, wine and eggs; mix well. Spoon into greased baking dish. Top with mixture of 1/2 cup cheese and bread crumbs. Sprinkle with paprika. Bake at 350 degrees for 20 to 30 minutes or until bubbly and brown. Serve with rice. May add 8 ounces sautéed mushrooms if desired. May serve over English muffins for brunch.

Betty Pollock

Shrimp Fried Rice

Yield:
2 servings
Utensil:
skillet
Approx Per Serving:
Cal 654
Prot 37 g
Carbo 29 g
Fiber 1 g
T Fat 43 g
Chol 556 mg
Sod 1950 mg

3 eggs
3 tablespoons oil
8 ounces popcorn shrimp or chopped shrimp
1 tablespoon butter
1 inch gingerroot, grated
1 tablespoon oil
4 green onions and tops, chopped
1 cup cooked rice, chilled
3 tablespoons soy sauce
Cayenne pepper to taste

Beat 1 egg in bowl. Pour into 1 tablespoon oil in skillet, rotating skillet to spread egg evenly. Cook until set; remove to plate. Repeat with remaining eggs and 2 tablespoons oil. Roll eggs into rolls; cut into thin slices. Sauté shrimp in butter in skillet; remove to bowl. Sauté gingerroot in 1 tablespoon oil in large skillet. Add green onions. Sauté for 2 minutes. Add rice and soy sauce; mix well. Stir in shrimp and eggs. Cook just until heated through. Season with cayenne pepper. May substitute bacon, sausage or chicken for shrimp.

Trish Shipman

Shrimp and Bacon Scampi

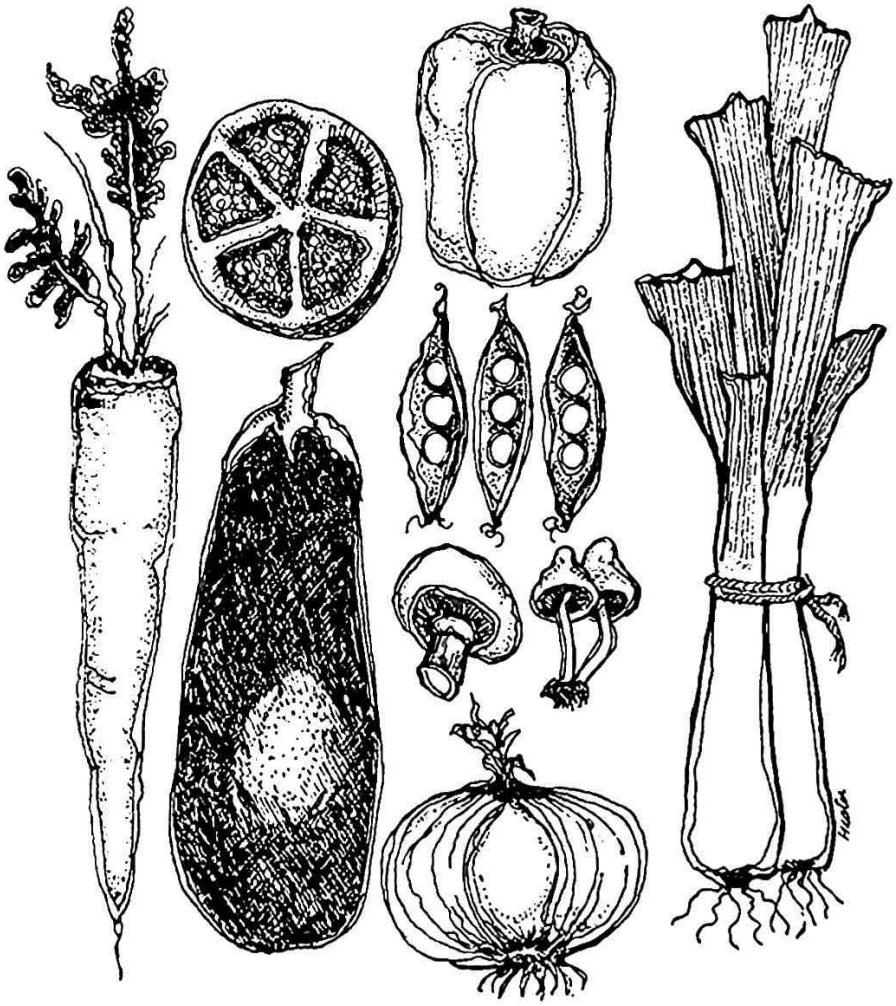
Yield:
6 servings
Utensil:
wok
Approx Per Serving:
Cal 346
Prot 29 g
Carbo 6 g
Fiber 3 g
T Fat 24 g
Chol 243 mg
Sod 1103 mg

2 pounds large shrimp, peeled
2 tablespoons minced garlic
3 tablespoons sesame oil
1 tablespoon oil
2 tablespoons sesame oil
4 medium carrots, julienned
4 medium mushrooms, sliced
1 6-ounce jar pimento-stuffed olives
1 tablespoon minced garlic
8 slices crisp-fried bacon, crumbled

Sauté shrimp and 2 tablespoons garlic in 3 tablespoons sesame oil in wok; remove to large dish. Add 1 tablespoon oil and 2 tablespoons sesame oil to wok. Add carrots, mushrooms, olives and 1 tablespoon garlic. Sauté until vegetables are tender-crisp. Add shrimp and bacon, mix gently. Cook until heated through. Serve over rice or noodles.

Pat Brandon

VEGETABLES And SIDE DISHES



Asparagus Parmesan

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 334
Prot 12 g
Carbo 29 g
Fiber 4 g
T Fat 21 g
Chol 37 mg
Sod 154 mg

3 pounds fresh asparagus
1 egg, beaten
2 tablespoons dry white wine
1 cup dry bread crumbs
1 tablespoon Parmesan cheese
1 clove of garlic, minced
Salt and freshly ground pepper to taste
1/2 cup flour
1/2 cup olive oil

Rinse asparagus; snap off tough ends. Beat egg with wine. Combine bread crumbs, cheese, garlic, salt and pepper in long shallow dish. Coat asparagus spears with flour; dip into egg mixture. Coat with crumb mixture. Cook in olive oil in skillet until golden brown; drain on paper towels.

Mary Ellen Wheeler

Beans from Hell

Yield:
10 servings
Utensil:
Crock•Pot
Approx Per Serving:
Cal 257
Prot 18 g
Carbo 31 g
Fiber 2 g
T Fat 7 g
Chol 30 mg
Sod 208 mg

2 cups dried pinto beans
1 11-ounce jar picante sauce
1 tablespoon extra hot chili powder
1/4 teaspoon garlic powder
1 medium onion, chopped
Seasoned salt and pepper to taste
1 pound lean ground beef

Soak beans in water overnight. Rinse well. Combine with picante sauce, chili powder, garlic powder, onion, seasoned salt and pepper in Crock•Pot; mix well. Cook on Low for 6 hours. Cook ground beef in skillet until brown, stirring until crumbly; drain. Stir into beans. Cook for 1 hour longer. Serve with corn bread and lots of iced tea.

Martha Butler Garrison

Old-Fashioned Beans

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 612
Prot 46 g
Carbo 58 g
Fiber 5 g
T Fat 23 g
Chol 99 mg
Sod 368 mg

1 pound dried pinto beans
Salt pork
2 pounds ground chuck
2 16-ounce cans stewed tomatoes
1 large onion, chopped
1 green bell pepper, chopped
2 tablespoons (or more) chili powder
Salt and pepper to taste

Cook pinto beans using package directions and adding desired amount of salt pork. Cook ground chuck in skillet until brown, stirring until crumbly; drain. Add tomatoes, onion, green pepper, chili powder, salt and pepper; mix well. Simmer, covered, for 30 minutes. Add to beans; mix well. Cook for 30 minutes longer.

Nutritional information does not include salt pork.

Karan Hickman

Bean and Pea Casserole

Yield:
8 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 293
Prot 7 g
Carbo 17 g
Fiber 7 g
T Fat 23 g
Chol 51 mg
Sod 198 mg

1 9-ounce package frozen lima beans, thawed
1 9-ounce package frozen peas, thawed
1 16-ounce can cut green beans, drained
3 green bell peppers, sliced
Salt and pepper to taste
1 cup whipping cream, whipped
1/2 cup mayonnaise
2 to 4 tablespoons Parmesan cheese

Combine lima beans, peas, green beans and green peppers in loaf pan. Sprinkle with salt and pepper. Fold whipped cream and mayonnaise together. Pour over vegetables. Sprinkle with cheese. Bake at 350 degrees for 30 minutes.

Avo Griffin

Green Bean Casserole

Yield:
4 servings
Utensil:
casserole
Approx Per Serving:
Cal 288
Prot 6 g
Carbo 9 g
Fiber 2 g
T Fat 26 g
Chol 125 mg
Sod 781 mg

2 cups cut fresh green beans
1 large onion, chopped
2 slices bacon, chopped
1/2 cup mayonnaise
2 hard-boiled eggs, chopped
1 tablespoon horseradish
1 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1/2 teaspoon celery salt
1 1/2 teaspoons parsley flakes
1 tablespoon lemon juice

Combine green beans, onion, bacon and a small amount of water in saucepan. Bring to a boil; reduce heat. Simmer, covered, for 1 hour; drain. Place in casserole. Combine mayonnaise, eggs, horseradish, Worcestershire sauce, garlic salt, celery salt, parsley flakes and lemon juice in small bowl; mix well. Stir into beans. Bake at 350 degrees for 20 minutes.

Billie Weis

Harvard Beets

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 107
Prot 1 g
Carbo 18 g
Fiber 1 g
T Fat 4 g
Chol 10 mg
Sod 459 mg

1/3 cup sugar
1 teaspoon cornstarch
1 20-ounce can beets
1/4 cup vinegar
1/2 teaspoon salt
2 tablespoons butter

Combine sugar and cornstarch in saucepan. Drain beets, reserving 1/4 cup beet juice. Blend beet juice, vinegar and salt into sugar mixture. Cook until thickened, stirring constantly. Stir in beets. Simmer for 20 minutes, stirring occasionally. Stir in butter just before serving.

Nona Jones

Spicy Beets

TRY

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 54
Prot 1 g
Carbo 13 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 845 mg

1/4 cup vinegar
1 onion, chopped
1 teaspoon salt
1 teaspoon sugar
1/4 teaspoon dry mustard
1 teaspoon Worcestershire sauce
1 16-ounce can sliced beets, drained

Combine vinegar, onion, salt, sugar, mustard and Worcestershire sauce in saucepan. Bring to a boil, stirring frequently. Place beets in bowl. Pour sauce over top. Serve hot or cold.

Betty McCoin

Broccoli Casserole

Yield:
8 servings
Utensil:
casserole
Approx Per Serving:
Cal 207
Prot 9 g
Carbo 16 g
Fiber 1 g
T Fat 12 g
Chol 26 mg
Sod 649 mg

1/2 cup chopped onion
1/2 cup chopped celery
1 tablespoon oil
1 10-ounce package frozen chopped broccoli, thawed
1 cup cooked rice
1 5-ounce can evaporated milk
1 10-ounce can cream of chicken soup
1 8-ounce jar Cheez Whiz

Sauté onion and celery in oil in skillet until tender. Add broccoli. Sauté until tender; remove from heat. Stir in rice, evaporated milk, soup and Cheez Whiz. Spoon into casserole. Bake at 350 degrees for 45 minutes.

Laura Jerden

Crock•Pot Broccoli and Rice

Yield:
12 servings
Utensil:
Crock•Pot
Approx Per Serving:
Cal 191
Prot 6 g
Carbo 28 g
Fiber 2 g
T Fat 6 g
Chol 16 mg
Sod 587 mg

5 slices bacon
1 onion, chopped
1½ cups rice
2 10-ounce packages frozen chopped broccoli
1 10-ounce can cream of celery soup
2 10-ounce cans Cheddar cheese soup

Fry bacon in skillet until crisp; drain and crumble bacon, reserving drippings. Sauté onion in bacon drippings until transparent. Cook rice using package directions. Cook broccoli using package directions for half the time; drain. Combine broccoli, sautéed onion, bacon and rice in Crock•Pot. Add soups; mix well. Cook on Low overnight. It is ready to be transported to the office luncheon. Serve from Crock•Pot. May combine all ingredients in casserole and bake at 350 degrees for 45 minutes.

Nutritional information does not include bacon drippings.

Pamela A. Denson

Rosie's Three-C Casserole

Yield:
4 servings
Utensil:
casserole
Approx Per Serving:
Cal 335
Prot 14 g
Carbo 34 g
Fiber 5 g
T Fat 18 g
Chol 48 mg
Sod 980 mg

Flowerets of 1 head cauliflower
1 16-ounce can cream-style corn
6 ounces Velveeta cheese, sliced
Salt, pepper and garlic powder to taste
1 3-ounce can French-fried onions

Cook cauliflower in a small amount of water in saucepan until tender-crisp; drain. Layer cauliflower, corn and cheese ½ at a time in casserole, sprinkling with seasonings as desired. Top with French-fried onions. Bake at 350 degrees until bubbly. May substitute Cheddar cheese for Velveeta cheese.

Royce J. Jones

Baked Corn

Yield:
6 servings
Utensil:
casserole
Approx Per Serving:
Cal 404
Prot 9 g
Carbo 41 g
Fiber 3 g
T Fat 24 g
Chol 106 mg
Sod 776 mg

8 ounces cream cheese, softened
2 tablespoons butter
1 cup evaporated milk
2½ cups cream-style corn
1 egg, beaten
¼ cup chopped onion
3 tablespoons chopped pimento
1 cup crushed crackers
Salt, pepper and paprika to taste
½ cup crushed crackers

Melt cream cheese and butter in saucepan; remove from heat. Add evaporated milk, corn, egg, onion, pimento and 1 cup cracker crumbs; mix well. Add seasonings. Spoon into greased casserole. Sprinkle ½ cup cracker crumbs over top. Bake at 350 degrees for 20 to 25 minutes or until brown and set.

Julie Wilson

Cheesy Corn Bake

Yield:
8 servings
Utensil:
casserole
Approx Per Serving:
Cal 223
Prot 5 g
Carbo 23 g
Fiber 2 g
T Fat 14 g
Chol 40 mg
Sod 439 mg

2 tablespoons butter
8 ounces cream cheese, softened
¼ cup milk
2 16-ounce cans whole kernel corn, drained
4 to 6 tablespoons chopped green chilies
¼ teaspoon garlic salt
Salt, pepper and cayenne pepper to taste

Melt butter in saucepan. Add cream cheese. Heat until smooth and creamy, stirring constantly; blend in milk. Add corn, green chilies and seasonings. Spoon into greased 2-quart casserole. Bake at 350 degrees for 20 to 25 minutes or until bubbly. May microwave on High for 6 to 10 minutes or until bubbly.

Susie Echols

Creamy Corn Casserole

Yield:
4 servings
Utensil:
casserole
Approx Per Serving:
Cal 461
Prot 4 g
Carbo 52 g
Fiber 4 g
T Fat 27 g
Chol 14 mg
Sod 1133 mg

1 16-ounce can cream-style corn
Salt and pepper to taste
2 cups crushed crackers
1/2 cup melted margarine

Season corn with salt and pepper in bowl. Add 1 cup cracker crumbs; mix well. Spoon into casserole. Toss remaining 1 cup cracker crumbs with margarine. Sprinkle over corn mixture. Bake at 350 degrees for 30 minutes or until golden brown.

Preston O'Neal

Fantastic Corn

Yield:
6 servings
Utensil:
casserole
Approx Per Serving:
Cal 362
Prot 9 g
Carbo 52 g
Fiber 4 g
T Fat 14 g
Chol 50 mg
Sod 499 mg

1 medium onion, chopped
1 medium green bell pepper, chopped
1/2 cup margarine
1 16-ounce can cream-style corn
1 egg, well beaten
2 teaspoons sugar
1 4-ounce jar chopped pimento
3 tablespoons water
1 1/3 cups uncooked minute rice
3/4 cup shredded Cheddar cheese

Sauté onion and green pepper in margarine in skillet; remove from heat. Add corn, egg, sugar, pimento and water; mix well. Stir in rice. Spoon into greased casserole. Bake, uncovered, at 350 degrees for 20 minutes. Sprinkle cheese on top. Let stand until cheese melts.

Beth Gibbs

Corn Pudding

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 331
Prot 6 g
Carbo 34 g
Fiber 2 g
T Fat 21 g
Chol 66 mg
Sod 520 mg

1/2 cup melted margarine
1 16-ounce can whole kernel corn, drained
1 16-ounce can cream-style corn
1 cup sour cream
2 eggs, beaten
1 8-ounce package corn bread mix
1 4-ounce can chopped green chilies, drained

Combine margarine, corns, sour cream and eggs in bowl; mix well. Add corn bread mix; mix well. Stir in green chilies. Pour into greased 9x13-inch baking dish. Bake at 350 degrees for 45 minutes or until golden brown.

Judy C. Oliver

Shoe Peg Corn Casserole

Yield:
6 servings
Utensil:
casserole
Approx Per Serving:
Cal 422
Prot 8 g
Carbo 35 g
Fiber 3 g
T Fat 32 g
Chol 24 mg
Sod 1145 mg

1 12-ounce can white Shoe Peg corn, drained
1 16-ounce can French-style green beans, drained
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1/2 cup shredded Cheddar cheese
1/2 cup sour cream
1 10-ounce can cream of celery soup
Salt and pepper to taste
1/2 cup melted margarine
1 1/2 cups butter cracker crumbs

Combine corn, green beans, celery, green pepper, onion, Cheddar cheese, sour cream and soup in bowl; mix well. Add salt and pepper. Pour into 2-quart casserole. Toss margarine and crumbs in bowl. Sprinkle over vegetable mixture. Bake at 350 degrees for 45 minutes.

Sallie Bailey

White Corn Casserole

Yield:
6 servings
Utensil:
casserole
Approx Per Serving:
Cal 391
Prot 7 g
Carbo 30 g
Fiber 2 g
T Fat 30 g
Chol 83 mg
Sod 1110 mg

1/2 cup butter
8 ounces cream cheese, softened
1 teaspoon flour
1 teaspoon garlic salt
1 teaspoon pepper
1/2 teaspoon salt
2 16-ounce cans white corn, drained

Melt butter and cream cheese in 1 1/2-quart casserole. Add flour, garlic salt, pepper and salt; mix well. Stir in corn. Bake at 350 degrees until bubbly.

Criss Kickirillo

Eggplant Parmigiana

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 126
Prot 5 g
Carbo 8 g
Fiber 1 g
T Fat 9 g
Chol 14 mg
Sod 515 mg

3 tablespoons margarine
1/2 cup cornflake crumbs
1/4 cup Parmesan cheese
1/2 teaspoon salt
Pepper to taste
1 eggplant
1 egg, slightly beaten
1/2 teaspoon oregano
1 8-ounce can tomato sauce
1/4 teaspoon basil
1/2 teaspoon sugar
Onion salt to taste
1 cup shredded mozzarella cheese

Melt margarine in 8x10-inch baking dish. Combine cornflake crumbs, Parmesan cheese, salt and pepper in shallow dish; mix well and set aside. Peel eggplant and cut into 3/4 inch thick slices. Dip eggplant into egg; coat with crumb mixture. Arrange in baking dish. Bake at 400 degrees for 20 minutes. Turn slices over. Bake for 15 minutes longer. Combine oregano, tomato sauce, basil, sugar and onion salt in small saucepan. Bring to a boil, stirring occasionally. Spoon sauce over both sides of eggplant slices. Sprinkle with mozzarella cheese. Bake for 3 minutes longer or until cheese melts.

Annette Jackson

Okra Patties

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 215
Prot 6 g
Carbo 47 g
Fiber 6 g
T Fat 1 g
Chol 0 mg
Sod 156 mg

2 cups sliced okra
1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 cups cornmeal mix
1 20-ounce can tomatoes
Oil for frying

Combine okra, onion, green pepper and cornmeal mix in large bowl; mix well. Stir in tomatoes. Drop by spoonfuls into hot oil in skillet. Fry until golden brown; drain on paper towels.

Nutritional information does not include oil for frying.

Bonnie Ferguson

Banana Pepper Pie

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 213
Prot 12 g
Carbo 13 g
Fiber 2 g
T Fat 13 g
Chol 187 mg
Sod 620 mg

3 banana peppers
6 eggs, beaten
1 16-ounce can cream-style corn
8 ounces Velveeta cheese, shredded

Slice peppers. Line buttered 8x8-inch baking dish with peppers. Combine eggs, corn and cheese in bowl; mix well. Pour over peppers. Bake at 300 degrees for 45 minutes or until set.

Cleda Swartz

Hashed Brown Potato Casserole

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 359
Prot 8 g
Carbo 16 g
Fiber 1 g
T Fat 30 g
Chol 68 mg
Sod 472 mg

1 16-ounce package frozen hashed brown potatoes, thawed
1/2 cup chopped onion
2 cups shredded Cheddar cheese
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup melted butter
2 cups sour cream
2 cups cornflakes
1/4 cup melted butter

Combine potatoes, onion, cheese, salt and pepper in large bowl; toss to mix. Add 1/2 cup butter and sour cream; mix well. Spoon into greased baking dish. Crush cornflakes in bowl. Add 1/4 cup butter; toss to mix. Sprinkle over potato mixture. Refrigerate overnight if desired. Bake at 350 degrees for 45 minutes.

Sharon Wright

Mother's Breaded Tomatoes

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 393
Prot 3 g
Carbo 43 g
Fiber 2 g
T Fat 24 g
Chol 62 mg
Sod 492 mg

5 or 6 slices dry white bread
3/4 cup butter
3/4 cup sugar
1 20-ounce can tomatoes

Toast bread; crumble. Melt butter and sugar in large cast-iron skillet, stirring constantly. Add bread crumbs; toss until coated. Stir in undrained tomatoes. Cook until heated through. May substitute 6 cold biscuits that have been toasted and crumbled for bread.

Ethel F. Kinsala

Baked Squash

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 169
Prot 4 g
Carbo 17 g
Fiber 2 g
T Fat 10 g
Chol 21 mg
Sod 423 mg

1 8-ounce package corn bread stuffing mix
1/4 cup melted butter
1 pound yellow squash
1 pound zucchini
1 large onion, chopped
1 medium green bell pepper, chopped
2 stalks celery, chopped
1 8-ounce can sliced water chestnuts, drained
Salt to taste
1 10-ounce can cream of chicken soup
1 cup sour cream

Combine stuffing mix and butter in bowl; toss to mix. Slice squash and zucchini. Combine with onion, green pepper, celery and a small amount of water in saucepan. Cook for 5 to 10 minutes or until tender-crisp; drain. Add water chestnuts and salt; mix well. Blend soup and sour cream in small bowl. Layer half the stuffing mixture, all the vegetables and soup mixture in baking dish. Top with remaining stuffing mixture. Bake at 350 degrees for 25 to 30 minutes or until heated through.

R. E. Heywang

Country Club Squash

Yield:
8 servings
Utensil:
casserole
Approx Per Serving:
Cal 233
Prot 7 g
Carbo 10 g
Fiber 2 g
T Fat 20 g
Chol 46 mg
Sod 446 mg

8 medium yellow squash
1/2 cup chopped onion
1 cup sour cream
1/2 to 3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon basil
1 cup soft bread crumbs
1/2 cup shredded Cheddar cheese
1/3 cup melted butter
1/2 teaspoon paprika
8 slices crisp-fried bacon, crumbled

Rinse squash; trim off ends. Cook squash and onion in a small amount of boiling water in saucepan until tender; drain and mash. Add sour cream, salt, pepper and basil; mix well. Pour into greased 2-quart casserole. Combine crumbs, cheese, butter and paprika in bowl; toss to mix. Sprinkle crumb mixture and bacon over top. Bake at 300 degrees for 30 minutes.

Neta Adams

Nutty Sweet Potato Casserole

TRY

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 435
Prot 6 g
Carbo 56 g
Fiber 3 g
T Fat 22 g
Chol 55 mg
Sod 352 mg

3 cups mashed cooked sweet potatoes
1/2 cup sugar
2 eggs, beaten
1/2 teaspoon salt
1/4 cup melted margarine
1 1/2 teaspoons vanilla extract
1/2 cup milk
1/2 cup packed brown sugar
1/3 cup flour
1 cup chopped pecans
3 tablespoons melted margarine

Combine sweet potatoes, sugar, eggs, salt, 1/4 cup melted margarine, vanilla and milk in bowl. Spoon into ungreased 8x8-inch baking dish. Spread mixture of brown sugar, flour, pecans and 3 tablespoons melted margarine over top. Bake at 350 degrees for 35 minutes.

Linda S. Jackson

Marinated Vegetables

Yield:
12 servings
Utensil:
bowl
Approx Per Serving:
Cal 179
Prot 3 g
Carbo 23 g
Fiber 3 g
T Fat 10 g
Chol 0 mg
Sod 180 mg

1 16-ounce can Shoe Peg corn
1 16-ounce can tiny peas
1 medium green bell pepper, finely chopped
1 cup chopped celery
2 bunches green onions
1 2-ounce jar chopped pimento
1/2 cup sugar
1/2 cup white vinegar
1/2 cup oil
Salt and pepper to taste

Drain corn and peas; combine in bowl. Add green pepper and celery. Discard green onion tops; chop bulbs and add to vegetable mixture. Add pimento. Combine sugar, vinegar, oil, salt and pepper in bowl; stir until sugar dissolves. Add to vegetables; mix gently. Marinate in refrigerator for several hours.

Johnnie O'Neal

Sesame and Soy Stir-Fry Vegetables

Yield:
4 servings
Utensil:
skillet
Approx Per Serving:
Cal 129
Prot 4 g
Carbo 7 g
Fiber 3 g
T Fat 11 g
Chol <1 mg
Sod 631 mg

1/2 cup chicken broth
2 tablespoons soy sauce
1 teaspoon cornstarch
1/8 teaspoon ginger
3 tablespoons oil
2 cups broccoli flowerets
2 cups cauliflower flowerets
1/2 cup sliced green onions
2 tablespoons toasted sesame seed

Combine broth, soy sauce, cornstarch and ginger in small bowl; set aside. Heat skillet or wok over medium-high heat until hot. Add oil. Heat until oil appears ripply. Add broccoli and cauliflower. Stir-fry for 2 to 4 minutes. Add broth mixture and green onions. Simmer, covered, for 3 to 5 minutes or until vegetables are tender-crisp. Sprinkle sesame seed over top. Serve over rice.

Pat Clark

Swiss Vegetable Medley

Yield:
6 servings
Utensil:
casserole
Approx Per Serving:
Cal 217
Prot 9 g
Carbo 15 g
Fiber 3 g
T Fat 14 g
Chol 29 mg
Sod 487 mg

1 16-ounce package frozen broccoli, carrots and cauliflower combination, thawed
1 10-ounce can cream of mushroom soup
1 cup shredded Swiss cheese
1/3 cup sour cream
1/4 teaspoon pepper
1 2-ounce jar chopped pimento
1 3-ounce can French-fried onions

Drain vegetables. Combine vegetables with soup, half the cheese, sour cream, pepper, pimento and half the onions in bowl; mix well. Pour into 1-quart casserole. Bake, covered, at 350 degrees for 30 minutes. Top with remaining cheese and onions. Bake, uncovered, for 5 minutes longer.

Ila M. Cooper

My Mother's Corn Bread Dressing

Yield:
10 servings
Utensil:
baking pan
Approx Per Serving:
Cal 567
Prot 31 g
Carbo 36 g
Fiber 3 g
T Fat 31 g
Chol 302 mg
Sod 537 mg

2 pounds chicken giblets
Salt and pepper to taste
2 cups cornmeal
1/2 cup flour
2 teaspoons baking powder
1 teaspoon salt
3 eggs, beaten
1/2 cup melted butter
2 cups milk
1 cup chopped onion
1/2 cup chopped celery
2 cloves of garlic, minced
1/2 cup oil
2 buns
3 eggs, beaten
1/4 cup chopped green onion tops
1/4 cup chopped parsley

Rinse giblets; place in saucepan. Season generously with salt and pepper. Add 8 cups water. Simmer until giblets are tender; drain, reserving broth. Chop giblets and set aside. Combine cornmeal, flour, baking powder and 1 teaspoon salt in bowl. Add 3 eggs, melted butter and milk; mix well. Pour into greased baking pan. Bake at 350 degrees for 20 minutes. Cool, crumble and set aside. Sauté onion, celery, garlic and chopped giblets in oil in skillet until onion is wilted. Soak buns in water in large bowl until softened; mash. Add corn bread crumbs, broth, 3 eggs, sautéed giblets, green onions and parsley; mix well. Pour into greased baking pan. Bake at 350 degrees for 20 minutes.

Mary Frances Zaby

Pecan Dressing

Yield:
10 servings
Utensil:
baking pan
Approx Per Serving:
Cal 459
Prot 15 g
Carbo 53 g
Fiber 4 g
T Fat 21 g
Chol 152 mg
Sod 1120 mg

1 large onion, chopped
2 cups chopped celery
3 cups corn bread crumbs
4 cups toasted bread crumbs
2 cups cracker crumbs
Salt and pepper to taste
1 teaspoon sage
3 tablespoons minced parsley
6 cups turkey broth
3 tablespoons butter
6 eggs, beaten
1 cup chopped pecans

Cook onion and celery in a small amount of water in saucepan until tender. Combine corn bread crumbs, toasted bread crumbs and cracker crumbs in bowl. Sprinkle with seasonings and parsley. Add onion and celery, broth, butter, eggs and pecans; mix well. Pour into greased baking pan. Bake at 300 degrees until brown.

Camile Young

Summer Dressing

Yield:
8 servings
Utensil:
casserole
Approx Per Serving:
Cal 349
Prot 11 g
Carbo 18 g
Fiber 1 g
T Fat 26 g
Chol 89 mg
Sod 851 mg

2 cups cooked rice
1 cup chopped fresh parsley
2 cups milk
8 ounces Velveeta cheese, chopped
1 onion, finely chopped
2 eggs, beaten
1/2 cup oil
1 1/2 teaspoons salt
Garlic salt to taste

Combine rice, parsley, milk, cheese, onion, eggs, oil, salt and garlic salt in large bowl; mix well. Pour into greased casserole. Bake, covered, at 350 degrees for 45 minutes.

Hershel Biggs

Grits Casserole

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 335
Prot 12 g
Carbo 16 g
Fiber 2 g
T Fat 25 g
Chol 120 mg
Sod 1011 mg

6 cups water
1 teaspoon salt
1 1/2 cups uncooked grits
3/4 cup butter
1 pound American cheese, chopped
1 teaspoon seasoned salt
5 to 10 dashes of Tabasco sauce
3 eggs, beaten
Paprika to taste

Bring water with salt to a boil in saucepan. Stir in grits. Cook until thickened, stirring constantly. Turn off heat. Let saucepan stand on burner. Add butter, cheese, seasoned salt, Tabasco sauce and eggs; mix well. Pour into buttered shallow baking dish. Sprinkle with paprika. Bake at 250 degrees for 1 hour.

Alene Wheat

Cheese Grits

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 404
Prot 16 g
Carbo 18 g
Fiber 2 g
T Fat 30 g
Chol 138 mg
Sod 731 mg

1½ cups uncooked grits
6 cups water
1 pound Cheddar cheese, shredded
1 6-ounce roll jalapeño cheese, shredded
¾ cup butter
1 cup chopped green chilies
1 teaspoon sea salt
1 teaspoon Tabasco sauce
½ teaspoon paprika
3 eggs, beaten

Cook grits in water using package directions. Add cheeses and butter to hot grits; stir until melted. Stir in green chilies, salt, Tabasco sauce and paprika. Fold in eggs. Pour into greased baking dish. Bake at 225 degrees for 1 hour.

Jane Whitten

Hominy Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 364
Prot 12 g
Carbo 36 g
Fiber 1 g
T Fat 19 g
Chol 25 mg
Sod 1425 mg

2 16-ounce cans hominy, drained
1 10-ounce can cream of mushroom soup
1 8-ounce jar Cheez Whiz
1 onion, finely chopped
2 cups crushed corn chips

Combine hominy, soup and cheese in bowl; mix well. Stir in onion and corn chips. Pour into greased baking dish. Bake at 350 degrees for 25 to 30 minutes or until light brown around edge.

Dorris Graves

Zesty Hominy Casserole

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 349
Prot 11 g
Carbo 30 g
Fiber 1 g
T Fat 21 g
Chol 25 mg
Sod 1406 mg

1 cup chopped green bell pepper
1 cup chopped onion
2 cloves of garlic, chopped
1/2 teaspoon hot red pepper
1/4 cup margarine
2 16-ounce cans hominy, drained
1 10-ounce can cream of mushroom soup
1 8-ounce jar Cheez Whiz
1 cup cornflakes

Sauté green pepper, onion, garlic and red pepper in margarine in skillet. Heat hominy, soup and cheese in saucepan until heated through, stirring until cheese melts. Add sautéed mixture; mix well. Pour into greased baking dish. Top with cornflakes. Bake at 350 degrees until bubbly.

Gretchen Stiles (Mrs. B. D.)

Fideo

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 217
Prot 8 g
Carbo 39 g
Fiber 3 g
T Fat 3 g
Chol 4 mg
Sod 301 mg

5 slices bacon
8 ounces uncooked vermicelli
3 cloves of garlic, chopped
1 small onion, chopped
1 28-ounce can stewed tomatoes
4 1/2 teaspoons sugar

Fry bacon in skillet until crisp; drain and crumble, reserving drippings. Break vermicelli into small pieces. Add vermicelli, garlic and onion to drippings in skillet. Sauté until brown. Stir in tomatoes, sugar and crumbled bacon. Simmer, covered, for 10 minutes.

Nutritional information does not include bacon drippings.

Lynn Pompa

Champagne Rice Pilaf

Yield:
10 servings
Utensil:
skillet
Approx Per Serving:
Cal 197
Prot 6 g
Carbo 19 g
Fiber 2 g
T Fat 9 g
Chol 9 mg
Sod 447 mg

¾ cup slivered almonds
1 tablespoon butter
2 cups uncooked long grain rice
1⅓ cups uncooked vermicelli
10⅔ tablespoons butter
2⅔ cups chicken broth
1⅓ cups Champagne
Salt to taste

Sauté almonds in 1 tablespoon butter in large skillet until golden; set aside. Sauté rice and vermicelli in 10⅔ tablespoons butter in skillet for 7 to 10 minutes or until rice is golden brown and makes a popping sound. Bring broth and Champagne to a boil in saucepan. Stir into rice mixture. Season with salt. Bring to a boil; reduce heat. Simmer, covered, for 25 to 30 minutes or until liquid is absorbed. Sprinkle with sautéed almonds. May bake at 350 degrees for 45 minutes to 1 hour.

Joyce Stewart

Jalapeño Rice

Yield:
6 servings
Utensil:
baking dish
Approx Per Serving:
Cal 476
Prot 12 g
Carbo 56 g
Fiber 1 g
T Fat 23 g
Chol 54 mg
Sod 342 mg

2 cups uncooked rice
2 tablespoons butter
1 10-ounce can Ro-Tel tomatoes
2 cups sour cream
1 envelope onion soup mix
Salt and pepper to taste
1 cup shredded Cheddar cheese

Cook rice using package directions and adding butter. Stir tomatoes, sour cream and soup mix into cooked rice. Add salt and pepper. Pour into baking dish. Top with cheese. Bake at 350 degrees for 30 minutes.

Barbara Bennett

Vegetable Rice

Yield:
6 servings
Utensil:
skillet
Approx Per Serving:
Cal 204
Prot 5 g
Carbo 30 g
Fiber 2 g
T Fat 7 g
Chol 18 mg
Sod 686 mg

1/4 cup chopped onion
3 tablespoons butter
1 1/2 cups sliced mushrooms
2 cups chopped broccoli
1 cup chopped tomato
2 cups water
2 chicken bouillon cubes
1 cup uncooked rice
1/2 teaspoon salt
1/2 teaspoon oregano
1/4 cup Parmesan cheese

Sauté onion in butter in skillet until golden. Add mushrooms, broccoli and tomatoes. Cook for 4 minutes, stirring frequently. Add water and bouillon cubes. Bring to a boil. Stir in rice, salt and oregano. Cook, covered, over low heat for 20 minutes or until water is absorbed. Mix in cheese. Serve hot or cold.

Joyce Adams

Wild Rice Dressing

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 252
Prot 4 g
Carbo 38 g
Fiber 2 g
T Fat 10 g
Chol 25 mg
Sod 895 mg

3/4 cup chopped onion
3 cups chopped celery
2 cups minute rice
1 tablespoon salt
3/4 teaspoon marjoram
1/2 teaspoon thyme
1/2 teaspoon pepper
1/2 teaspoon sage
1/2 cup butter
1 8-ounce package wild rice
3 4-ounce cans mushroom pieces

Sauté onion, celery, minute rice and seasonings in butter in skillet until vegetables are tender. Cook wild rice in boiling water to cover in saucepan for 30 minutes; drain. Stir wild rice into vegetable mixture. Add just enough hot water to make mixture that can be stirred lightly. Pour into baking dish. Bake at 300 degrees for 20 minutes. This is good with any meat but especially with venison.

Edna Estill

Curried Fruit Bake

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 270
Prot 1 g
Carbo 57 g
Fiber 3 g
T Fat 6 g
Chol 0 mg
Sod 89 mg

1 29-ounce can peach halves, drained
1 29-ounce can pear halves, drained
1 20-ounce can pineapple slices, drained
1 15-ounce can apricot halves, drained
1/4 cup maraschino cherries, drained
3/4 cup packed brown sugar
1/3 cup melted margarine
2 1/2 tablespoons curry powder

Arrange drained fruit in 8x12-inch baking dish. Combine brown sugar, margarine and curry powder in bowl; mix well. Spoon over fruit. Bake, covered, at 350 degrees for 35 minutes or until heated through.

Dorothy Balthrop

Hot Fruit Salad

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 283
Prot 1 g
Carbo 43 g
Fiber 2 g
T Fat 13 g
Chol 25 mg
Sod 88 mg

1 16-ounce can apricots
1 20-ounce can pears
1 16-ounce can pineapple chunks
1/2 cup butter
1/2 cup packed brown sugar
10 maraschino cherries
1/2 cup chopped pecans

Drain canned fruit reserving juices; arrange fruit in baking dish. Add enough water to reserved juices to measure 2 cups. Combine juices, butter and brown sugar in saucepan. Cook until thickened, stirring constantly. Pour over fruit. Bake at 350 degrees for 45 minutes. Sprinkle cherries and pecans over top. Serve hot.

Erma Wilcoxson, Helen Stout

Pineapple Casserole

Yield:
8 servings
Utensil:
casserole
Approx Per Serving:
Cal 511
Prot 9 g
Carbo 68 g
Fiber 2 g
T Fat 26 g
Chol 30 mg
Sod 453 mg

2 20-ounce cans pineapple chunks
1 cup sugar
5 tablespoons flour
2 cups shredded mild Cheddar cheese
4 ounces butter crackers, crushed
1/2 cup melted margarine

Place undrained pineapple in buttered casserole. Sprinkle mixture of sugar and flour over pineapple. Sprinkle with cheese and cracker crumbs. Drizzle margarine over top. Bake at 350 degrees for 45 minutes. Serve hot.

Sharon Christopher

Apricot and Zucchini Jam

Yield:
100 servings
Utensil:
saucepan
Approx Per Serving:
Cal 56
Prot <1 g
Carbo 14 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 6 mg

6 cups grated peeled zucchini
1 16-ounce can crushed pineapple
6 cups sugar
2 3-ounce packages apricot gelatin

Combine zucchini, undrained pineapple, sugar and gelatin in large saucepan; mix well. Bring to a boil, stirring frequently. Ladle into hot sterilized jelly jars; seal with 2-piece lids. Process in boiling water bath for 10 minutes.

J'Nell Culp

Grape Freezer Jelly

Yield:
64 servings
Utensil:
saucepan
Approx Per Serving:
Cal 72
Prot <1 g
Carbo 19 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 2 mg

2 6-ounce cans frozen grape juice concentrate, thawed
5 cups sugar
1¾ cups 7-Up
¾ cup water
1 1¾-ounce package fruit pectin

Combine grape juice concentrate and sugar in bowl; mix well. Stir in 7-Up. Bring water and pectin to a boil in saucepan, stirring constantly. Boil for 1 minute. Stir hot pectin into grape juice mixture. Stir for 3 minutes. Pour into freezer containers; cover. Let stand at room temperature for 24 hours. Store in freezer.

Nutritional information does not include pectin.

Eileen Trewin

Spiced Peaches

Yield:
16 servings
Utensil:
saucepan
Approx Per Serving:
Cal 130
Prot <1 g
Carbo 35 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 6 mg

1½ cups sugar
1 cup apple cider vinegar
2½ teaspoons whole cloves
5 cinnamon sticks
2 29-ounce cans peach halves, drained

Combine sugar, vinegar, cloves and cinnamon sticks in saucepan. Bring to a boil; reduce heat. Simmer for 10 minutes. Arrange peach halves in bowl. Pour hot sauce over peaches.

Mickey Balthrop

Pear Relish

Yield:
300 servings
Utensil:
stockpot
Approx Per Serving:
Cal 21
Prot <1 g
Carbo 6 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod <1 mg

16 cups ground pears
8 cups ground onions
14 red bell peppers, ground
6 hot peppers, ground
2 cups salt
8 cups vinegar
5 cups sugar
2 tablespoons mustard seed
2 tablespoons turmeric

Combine pears, onions, red peppers and hot peppers in large container. Add salt; mix well. Let stand overnight. Drain and rinse 3 times. Drain well. Combine vinegar, sugar, mustard seed and turmeric in stockpot. Bring to a boil. Cook for 5 minutes. Add pear mixture. Cook for 10 minutes, stirring frequently. Ladle into 12 to 15 hot sterilized 1-pint jars; seal with 2-piece lids. Process in boiling water bath for 15 minutes.

Nell Roebuck

Barbecue Sauce

Yield:
10 servings
Utensil:
saucepan
Approx Per Serving:
Cal 107
Prot 1 g
Carbo 11 g
Fiber <1 g
T Fat 7 g
Chol 0 mg
Sod 258 mg

1 8-ounce can tomato sauce
1/2 cup steak sauce
1/3 cup oil
1/3 cup packed brown sugar
2 tablespoons vinegar

Combine tomato sauce, steak sauce, oil, brown sugar and vinegar in saucepan. Simmer for 5 minutes. Store in refrigerator. Use as all-purpose barbecue sauce.

Ray Merryman

Cyn-Ful Barbecue Sauce

Yield:
6 servings
Utensil:
saucepan
Approx Per Serving:
Cal 98
Prot 1 g
Carbo 25 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 989 mg

1 medium onion, chopped
2 tablespoons oil
1 8-ounce can tomato sauce
1/2 cup packed brown sugar
1/4 cup white vinegar
1 tablespoon Worcestershire sauce
4 teaspoons chili powder
2 teaspoons salt
1/4 teaspoon dry mustard

Sauté onion in oil in saucepan over medium heat for 5 minutes or until tender. Add tomato sauce, brown sugar, vinegar, Worcestershire sauce, chili powder, salt and dry mustard; mix well. Bring to a boil, stirring constantly. Use to baste spareribs or beef while grilling, then serve remaining sauce with the meat.

Betty Pickard

Zesty Barbecue Sauce

Yield:
10 servings
Utensil:
saucepan
Approx Per Serving:
Cal 106
Prot 1 g
Carbo 20 g
Fiber 1 g
T Fat 3 g
Chol 0 mg
Sod 709 mg

1 medium onion, finely chopped
2 tablespoons oil
1 20-ounce bottle of catsup
1/2 cup Worcestershire sauce
2 tablespoons prepared mustard
Juice of 1 lemon
2 tablespoons vinegar
1 tablespoon (heaping) brown sugar
Salt, pepper and garlic powder to taste

Sauté onion in oil in saucepan over low heat until tender; do not brown. Add catsup, Worcestershire sauce and mustard; mix well. Stir in lemon juice, vinegar and brown sugar. Season with salt, pepper and garlic powder. Simmer for 15 to 20 minutes. May add 1 can beer if sauce is too thick.

Erma Wilcoxson

Marinara Sauce

Yield:
4 servings
Utensil:
saucepan
Approx Per Serving:
Cal 143
Prot 2 g
Carbo 12 g
Fiber 3 g
T Fat 11 g
Chol 0 mg
Sod 323 mg

3 to 4 tablespoons olive oil
1 clove of garlic, chopped
1 medium onion, chopped
1/4 cup chopped fresh oregano
1/4 cup chopped fresh basil
1 teaspoon crushed red pepper
Salt and pepper to taste
1 28-ounce can whole tomatoes

Heat olive oil in large saucepan. Add garlic, onion, oregano, basil, red pepper, salt and pepper. Sauté over medium-high heat until onion begins to brown. Add tomatoes. Cook over medium-high heat for 1 hour. Reduce heat. Simmer for 30 minutes, stirring occasionally. Serve over angel hair pasta or your favorite pasta.

Cynthia Cox

Italian Marinara Sauce

Yield:
8 servings
Utensil:
saucepan
Approx Per Serving:
Cal 69
Prot 2 g
Carbo 12 g
Fiber 3 g
T Fat 2 g
Chol 0 mg
Sod 596 mg

1 large onion, chopped
2 medium carrots, chopped
2 cloves of garlic, chopped
1 tablespoon olive oil
2 28-ounce cans whole tomatoes
1 teaspoon salt
1 teaspoon dried oregano leaves
1 teaspoon dried basil leaves
1 teaspoon (or more) Italian seasoning
1/2 teaspoon black pepper
1/8 teaspoon crushed red pepper

Sauté onion, carrots and garlic in olive oil in large saucepan just until tender. Cut tomatoes into quarters. Add with seasonings to carrot mixture. Simmer until sauce is thickened to desired consistency. Serve over hot cooked spaghetti or other favorite pasta.

Betty Eitel

Picante Sauce

Yield:
20 servings
Utensil:
saucepan
Approx Per Serving:
Cal 35
Prot 2 g
Carbo 8 g
Fiber 2 g
T Fat <1 g
Chol 0 mg
Sod 132 mg

12 to 14 fresh jalapeño peppers
1 green bell pepper, chopped
1 4-ounce can chopped green chilies
1 large onion, finely chopped
2 28-ounce cans whole tomatoes, mashed
Juice of 2 limes

Seed and chop jalapeño peppers; may leave seed for hotter sauce. Combine with bell pepper, green chilies, onion, tomatoes and lime juice in large saucepan. Bring to a boil; reduce heat. Simmer for 1½ to 2 hours. Ladle into hot sterilized jars; seal with 2-piece lids. Store in refrigerator. May use fresh tomatoes instead of canned to make chunky sauce. If sauce is too hot, add additional tomatoes.

Bill Wheeler

Rod Flores' Hot and Spice Salsa

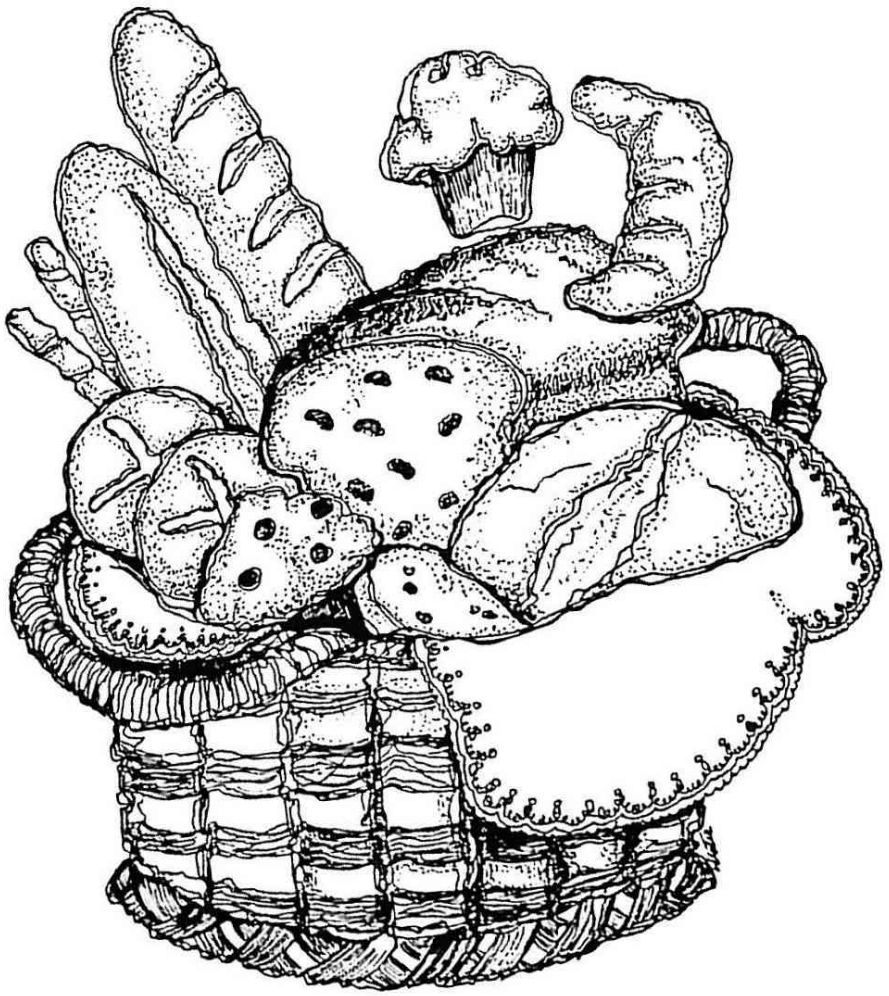
Yield:
10 servings
Utensil:
blender
Approx Per Serving:
Cal 26
Prot 1 g
Carbo 6 g
Fiber 1 g
T Fat <1 g
Chol 0 mg
Sod 290 mg

6 to 9 fresh jalapeño peppers
1 small clove of garlic
1 teaspoon salt
1 16-ounce can whole tomatoes

Cook jalapeño peppers in water to cover in saucepan until semi-soft. Remove and discard stems. Place jalapeño peppers, garlic and salt in blender container. Process for 1 or 2 seconds. Add tomatoes. Process for 1 or 2 seconds or to desired consistency. Refrigerate until serving time.

Laverne Paulk-Brott

BREADS



Cheesy Angel Biscuits

Yield:
18 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 145
Prot 4 g
Carbo 18 g
Fiber 1 g
T Fat 6 g
Chol 7 mg
Sod 297 mg

1 envelope dry yeast
1 teaspoon sugar
2 tablespoons warm water
1 cup buttermilk
3 cups self-rising flour
1 teaspoon baking powder
2 tablespoons sugar
1/3 cup shortening
1 cup shredded sharp Cheddar cheese

Combine dry yeast, 1 teaspoon sugar and water in small bowl. Let stand for 5 minutes. Stir in buttermilk; set aside. Mix flour, baking powder and 2 tablespoons sugar in bowl. Cut in shortening until crumbly. Mix in cheese. Add buttermilk mixture; stir just until moistened. Chill, covered, for 30 minutes. Knead 4 or 5 times on lightly floured surface. Roll 1/2 inch thick; cut with biscuit cutter. Arrange on lightly greased baking sheet. Let rise, covered, for 30 minutes. Bake at 400 degrees for 10 to 12 minutes or until golden brown.

Anne Raabe

Chuck Wagon Biscuits

Yield:
36 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 134
Prot 3 g
Carbo 19 g
Fiber 1 g
T Fat 5 g
Chol 1 mg
Sod 176 mg

1 envelope dry yeast
1 cup warm water
2 cups buttermilk
1/4 cup sugar
2 teaspoons salt
1/4 teaspoon soda
3/4 cup oil
4 teaspoons baking powder
6 to 7 cups sifted flour

Dissolve yeast in water in large bowl. Stir in buttermilk, sugar, salt, soda, oil and baking powder. Add enough flour to make medium dough. Place in greased bowl, turning to grease surface. Store, covered, in refrigerator. Punch dough down daily. Remove desired amount of dough; divide into small portions. Shape into 1 1/2-inch balls; arrange 1 inch apart on greased baking sheet. Bake at 350 degrees until golden brown.

Curtis Henigan

Denver Biscuits

Yield:
60 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 145
Prot 3 g
Carbo 23 g
Fiber 1 g
T Fat 4 g
Chol 2 mg
Sod 90 mg

4 cups milk
1 cup sugar
1 cup shortening
1 envelope dry yeast
12 cups (about) flour
2 tablespoons baking powder
1 teaspoon soda
1 teaspoon salt

Combine milk, sugar, and shortening in 2-quart saucepan. Heat until shortening melts and sugar dissolves, stirring occasionally. Let stand until cooled to lukewarm. Dissolve yeast in milk mixture. Add about half the flour or enough to make of cake batter consistency, mixing well. Pour into large bowl. Let rise, covered, for 2 hours. Combine 1 cup remaining flour with baking powder, soda and salt. Stir into batter. Add enough remaining flour to make stiff dough. Roll on lightly floured surface; cut with biscuit cutter. Arrange on greased baking sheet. Let rise until doubled in bulk. Bake at 375 degrees for 15 to 20 minutes or until golden brown. May prepare dough and refrigerate for 3 or 4 days before baking.

Eddie Eaves

Sweet Potato Biscuits

Yield:
8 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 279
Prot 4 g
Carbo 34 g
Fiber 1 g
T Fat 14 g
Chol 2 mg
Sod 615 mg

2½ cups baking mix
⅓ cup margarine, softened
1 cup mashed cooked sweet potato
½ cup milk

Combine baking mix, margarine, sweet potato and milk in bowl; mix well. Spoon onto surface dusted with flour or additional baking mix. Roll in flour and shape into ball. Knead 3 or 4 times. Roll ½ inch thick; cut with 2-inch biscuit cutter dipped into flour. Place with sides touching on ungreased baking sheet. Bake at 400 degrees for 10 to 12 minutes or until golden brown. May substitute skim milk for whole milk.

Betty Ryals

Texas Biscuits

Yield:
12 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 111
Prot 2 g
Carbo 18 g
Fiber 1 g
T Fat 3 g
Chol 8 mg
Sod 114 mg

1 envelope dry yeast
3/4 cup warm water
3 tablespoons melted butter
2 cups flour
1/2 teaspoon salt
2 tablespoon sugar

Dissolve yeast in water in bowl. Add butter. Sift in flour, salt and sugar; mix well. Knead on floured surface until smooth. Roll 1/2 inch thick; cut with biscuit cutter. Arrange on greased baking sheet. Let rise in warm place for 30 minutes. Bake at 425 degrees for 12 minutes.

Louise Zimmerman

Country Apple Coffee Cake

Yield:
8 servings
Utensil:
baking pan
Approx Per Serving:
Cal 260
Prot 3 g
Carbo 41 g
Fiber 1 g
T Fat 10 g
Chol 28 mg
Sod 347 mg

1 1/2 cups chopped peeled apples
1 10-count can refrigerator biscuits
1/3 cup packed brown sugar
1/4 teaspoon cinnamon
1/3 cup light corn syrup
1 tablespoon margarine
1 1/2 teaspoons whiskey
1 egg
1/2 cup pecan halves
1/3 cup confectioners' sugar
1/4 teaspoon vanilla extract
1 to 2 teaspoons milk

Sprinkle 1 cup apples into greased 9-inch round baking pan. Separate biscuits; cut each into quarters. Arrange point side up over apples. Top with remaining apples. Combine brown sugar, cinnamon, corn syrup, margarine and whiskey in small mixer bowl. Beat for 2 minutes. Mix in pecans. Spoon over top. Bake at 350 degrees for 35 to 45 minutes or until golden brown. Blend confectioners' sugar with vanilla and enough milk to make of desired consistency in bowl. Drizzle over warm coffee cake. Store in refrigerator.

Gerri Gray

Cinnamon Coffee Cake

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 434
Prot 4 g
Carbo 55 g
Fiber 1 g
T Fat 23 g
Chol 60 mg
Sod 242 mg

1 1-pound package light brown sugar
2 cups flour
1 tablespoon cinnamon
1 cup butter, softened
1 egg
1 teaspoon vanilla extract
1 teaspoon soda
1 cup buttermilk
1 cup chopped pecans

Combine brown sugar, flour and cinnamon in bowl. Mix in butter with fork. Reserve 1 cup mixture. Add egg, vanilla and soda dissolved in buttermilk; mix well. Pour into greased and floured 9x13-inch baking pan. Sprinkle reserved mixture and pecans over top. Bake at 350 degrees for 25 to 30 minutes or until golden brown.

Kay Neeley

Cream Cheese Coffee Cake

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 534
Prot 8 g
Carbo 50 g
Fiber 1 g
T Fat 35 g
Chol 171 mg
Sod 428 mg

2½ cups flour
1 tablespoon sugar
1 teaspoon salt
1 cup butter
2 envelopes dry yeast
¼ cup warm water
4 egg yolks
16 ounces cream cheese, softened
1 egg yolk
1 cup sugar
1 egg white, beaten
½ cup finely chopped pecans
1 cup confectioners' sugar
1 teaspoon vanilla extract
2 to 4 tablespoons water

Combine flour, 1 tablespoon sugar and salt in bowl. Cut in butter until crumbly. Dissolve yeast in warm water in small bowl. Beat in 4 egg yolks. Let stand for 3 to 5 minutes. Add to flour mixture; mix well. Chill for 2 hours. Combine cream cheese, 1 egg yolk and 1 cup sugar in small mixer bowl; beat until smooth. Divide dough into 2 portions; roll on lightly floured surface. Press 1 portion into lightly greased 9x13-inch baking pan. Spread with cream cheese mixture. Top with remaining dough. Brush with beaten egg white; sprinkle with pecans. Let rise in warm place for 1 hour. Bake at 350 degrees for 1 hour. Let stand until cool. Blend confectioners' sugar, vanilla and enough water to make of desired consistency in bowl. Drizzle over coffee cake.

Ken Simone

Sugar-Free Date Coffee Cake

Yield:
15 servings
Utensil:
baking pan
Approx Per Serving:
Cal 252
Prot 5 g
Carbo 38 g
Fiber 3 g
T Fat 10 g
Chol 59 mg
Sod 166 mg

1/3 cup mashed banana
1/2 cup butter, softened
3 eggs
1 teaspoon vanilla extract
1 1/4 cups water
3 cups flour
1 teaspoon soda
2 teaspoons baking powder
1 1/2 cups chopped dates
1/3 cup chopped pecans
1/3 cup chopped dates
1/3 cup flaked coconut

Combine banana and butter in mixer bowl; beat until creamy. Add eggs, vanilla and water; beat until well blended. Add flour, soda and baking powder; mix well. Stir in 1 1/2 cups dates. Spread evenly in greased and floured 9x13-inch baking pan. Sprinkle mixture of pecans, 1/3 cup dates and coconut over top. Bake at 350 degrees for 20 to 25 minutes or until knife inserted in center comes out clean.

Ada Abernathy

Black-Eyed Pea Corn Bread

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 337
Prot 11 g
Carbo 19 g
Fiber 3 g
T Fat 24 g
Chol 68 mg
Sod 591 mg

1 pound sausage
1 cup cornmeal
1/2 cup flour
1 teaspoon salt
1/2 teaspoon soda
1 teaspoon baking powder
1/2 cup oil
2 eggs, beaten
1 cup buttermilk
3/4 cup whole kernel corn
1 cup cooked black-eyed peas
Chopped jalapeño peppers to taste
2 cups shredded longhorn cheese

Brown sausage in skillet, stirring until crumbly; drain and set aside. Combine cornmeal, flour, salt, soda, baking powder, oil, eggs and buttermilk in bowl; mix well. Stir in corn, black-eyed peas, jalapeño peppers, sausage and half the cheese. Pour into greased 11x14-inch baking pan. Sprinkle remaining cheese over top. Bake at 350 degrees for 30 minutes or until set in center.

Bobbie Males

Broccoli Corn Bread

Yield:
15 servings
Utensil:
baking pan
Approx Per Serving:
Cal 212
Prot 6 g
Carbo 12 g
Fiber 1 g
T Fat 16 g
Chol 60 mg
Sod 391 mg

2 7-ounce packages corn bread mix
4 eggs, beaten
1 cup melted margarine
1 4-ounce can chopped green chilies, drained
12 ounces cottage cheese
1 10-ounce package frozen chopped broccoli, thawed, drained

Combine corn bread mix, eggs and margarine in bowl; mix well. Stir in green chilies, cottage cheese and broccoli. Pour into greased 9x13-inch baking pan. Bake at 350 degrees for 35 to 40 minutes or until golden brown. May bake in muffin cups if preferred.

Paula Reynolds

Eudora's Mexican Corn Bread

Yield:
8 servings
Utensil:
iron skillet
Approx Per Serving:
Cal 293
Prot 11 g
Carbo 23 g
Fiber 2 g
T Fat 18 g
Chol 83 mg
Sod 700 mg

1 cup yellow cornmeal
1/2 teaspoon salt
1/2 teaspoon soda
2 eggs
3/4 cup milk
1/4 cup oil
1 onion, grated
1 8-ounce can cream-style corn
2 cups shredded American cheese
1 4-ounce can chopped green chilies

Combine cornmeal, salt and soda in bowl. Add eggs, milk and oil; mix well. Stir in onion and corn. Spread half the batter in hot greased 8-inch cast-iron skillet. Sprinkle with cheese and chilies. Top with remaining batter. Bake at 350 degrees for 45 minutes. May add browned ground beef and salt, pepper and chili powder to taste to batter with cheese and green chilies to make one-dish meal.

Margaret Smith

Hawaiian Banana Bread

TRY

Yield:
24 servings
Utensil:
2 loaf pans
Approx Per Serving:
Cal 308
Prot 3 g
Carbo 35 g
Fiber 1 g
T Fat 18 g
Chol 27 mg
Sod 133 mg

2 cups mashed bananas
1 8-ounce can crushed pineapple, drained
3 eggs, beaten
1½ cups oil
2 teaspoons vanilla extract
3 cups flour
2 cups sugar
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1 cup chopped pecans

Combine bananas, pineapple, eggs, oil and vanilla in bowl; mix well. Mix flour, sugar, soda, salt, cinnamon and pecans in bowl. Add to banana mixture; stir just until mixed. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 1 hour and 5 minutes or until loaves test done. Cool on wire rack.

Ina M. Merryman

Banana Pecan Bread

Yield:
24 servings
Utensil:
2 loaf pans
Approx Per Serving:
Cal 157
Prot 2 g
Carbo 21 g
Fiber 1 g
T Fat 8 g
Chol 28 mg
Sod 134 mg

½ cup butter, softened
1 cup sugar
3 bananas, mashed
2 eggs, beaten
1½ teaspoons soda
½ cup hot water
2 cups flour
3 tablespoons bran
½ teaspoon salt
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon cloves
1 cup chopped pecans

Cream butter and sugar in mixer bowl until light and fluffy. Beat in bananas and eggs. Dissolve soda in hot water. Combine flour, bran, salt, nutmeg, cinnamon and cloves. Add flour mixture and water to banana mixture alternately, mixing well after each addition. Stir in pecans. Pour into 2 greased loaf pans. Bake at 350 degrees for 45 minutes or until loaves test done. Remove to wire rack to cool.

Trish Shipman

Vanilla Banana Bread

Yield:
12 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 330
Prot 4 g
Carbo 43 g
Fiber 1 g
T Fat 16 g
Chol 66 mg
Sod 268 mg

2 tablespoons butter, softened
1/2 cup chopped pecans
1/4 cup packed brown sugar
1 teaspoon vanilla extract
1/2 cup butter, softened
1 cup sugar
2 eggs, slightly beaten
1 cup mashed bananas
1/2 cup sour cream
2 teaspoons vanilla extract
2 cups flour
2 teaspoons baking powder
1 teaspoon soda
1/4 teaspoon salt

Combine 2 tablespoons butter, pecans, brown sugar and 1 teaspoon vanilla in small bowl; mix with fork until crumbly. Set aside. Cream 1/2 cup butter and 1 cup sugar in bowl until light and fluffy. Blend eggs with bananas, sour cream and 2 teaspoons vanilla in bowl. Add to creamed mixture gradually, mixing well. Add mixture of flour, baking powder, soda and salt; stir just until mixed. Sprinkle half the pecan mixture over bottom of greased loaf pan. Add batter; sprinkle remaining pecan mixture over top. Bake at 350 degrees for 50 minutes. Remove to wire rack to cool.

Sandra Stevens

Bubble Bread

Yield:
8 servings
Utensil:
iron skillet
Approx Per Serving:
Cal 446
Prot 4 g
Carbo 64 g
Fiber 1 g
T Fat 19 g
Chol 3 mg
Sod 808 mg

1 1/2 cups packed brown sugar
10 tablespoons margarine
1 teaspoon vanilla extract
1 teaspoon cinnamon
2 tablespoons water
2 10-count cans refrigerator biscuits

Combine brown sugar, margarine, vanilla, cinnamon and water in large cast-iron skillet. Heat until margarine melts; mix well. Divide each biscuit into 4 or 5 pieces; arrange in skillet. Bake at 400 degrees for 20 minutes or until golden brown. Invert onto serving platter.

Vona Davis

Cranberry Pecan Bread

Yield:
12 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 259
Prot 4 g
Carbo 41 g
Fiber 2 g
T Fat 10 g
Chol 18 mg
Sod 171 mg

Rind of 1 lemon, grated
Rind of 1 orange, grated
3 tablespoons lemon juice
2 tablespoons oil
6 tablespoons (about) orange juice
2 cups flour
1¼ cups sugar
½ teaspoon salt
1½ teaspoons baking powder
½ teaspoon soda
1 teaspoon nutmeg
1 egg, beaten
1 teaspoon vanilla extract
1 cup chopped pecans
1 cup coarsely chopped cranberries

Combine rinds, lemon juice and oil in 1 cup measure. Add enough orange juice to measure ¾ cup. Sift flour, sugar, baking powder, salt, soda and nutmeg into bowl. Add orange juice mixture, egg and vanilla; stir just until mixed. Fold in pecans and cranberries. Pour into greased loaf pan. Bake at 350 degrees for 1 hour. Remove to wire rack to cool.

Doris Erickson

Peanut Butter Bread

Yield:
12 servings
Utensil:
loaf pan
Approx Per Serving:
Cal 287
Prot 9 g
Carbo 37 g
Fiber 2 g
T Fat 12 g
Chol 21 mg
Sod 334 mg

2 cups flour
1 cup sugar
1 teaspoon salt
2 teaspoons baking powder
1 cup crunchy peanut butter
1 egg, beaten
1 cup milk

Combine flour, sugar, salt and baking powder in bowl. Cut in peanut butter until crumbly. Beat egg with milk in small bowl. Add to peanut butter mixture; mix gently. Pour into greased loaf pan. Bake at 350 degrees for 1 hour or until loaf tests done; do not overbake. Remove to wire rack to cool.

Eileen Trewin

Pumpkin Date Bread

Yield:
60 servings
Utensil:
6 coffee cans
Approx Per Serving:
Cal 175
Prot 2 g
Carbo 28 g
Fiber 1 g
T Fat 7 g
Chol 14 mg
Sod 96 mg

4 cups sugar
5 cups flour
4 teaspoons soda
1 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
4 eggs, beaten
2 16-ounce cans pumpkin
1 cup oil
2 cups chopped dates
2 cups chopped pecans

Combine sugar, flour, soda, salt, nutmeg and cinnamon in bowl. Add eggs, pumpkin and oil; mix well. Stir in dates and pecans. Fill 6 greased and floured 1-pound coffee cans half full. Bake at 350 degrees for 1 hour or until loaves test done. Remove from cans to cool on wire racks.

Mary Copeland

Pumpkin Pecan Bread

Yield:
24 servings
Utensil:
2 loaf pans
Approx Per Serving:
Cal 381
Prot 4 g
Carbo 57 g
Fiber 2 g
T Fat 16 g
Chol 0 mg
Sod 229 mg

1 cup oil
4 cups sugar
1 28-ounce can pumpkin
5 cups flour
4 teaspoons soda
2 teaspoons cinnamon
1 teaspoon salt
1/2 teaspoon cloves
2 cups chopped pecans

Combine oil and sugar in large bowl. Blend in pumpkin. Sift dry ingredients together. Reserve 1 cup mixture. Add remaining flour mixture to pumpkin mixture; mix well. Mix pecans with reserved flour mixture. Add to pumpkin mixture; mix well. Pour into 2 greased loaf pans. Bake at 350 degrees for 1 hour. Remove to wire rack to cool.

Betty Murry

Strawberry Bread

Yield:
24 servings
Utensil:
2 loaf pans
Approx Per Serving:
Cal 272
Prot 3 g
Carbo 30 g
Fiber 1 g
T Fat 16 g
Chol 27 mg
Sod 88 mg

2 cups sugar
1½ cups oil
3 eggs
3 cups flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon salt
2 cups unsweetened frozen strawberries, thawed, crushed
½ cup chopped pecans

Combine sugar and oil in bowl; mix well. Sift in flour, soda, cinnamon and salt; mix well. Stir in strawberries and pecans. Pour into 2 greased loaf pans. Bake at 350 degrees for 45 minutes or until toothpick inserted in center comes out clean. Cool on wire rack. May top with strawberry glaze if desired. May bake in miniature loaf pans to give as gifts.

Sue Farr

Oatmeal Yeast Bread

Yield:
48 servings
Utensil:
4 loaf pans
Approx Per Serving:
Cal 121
Prot 3 g
Carbo 17 g
Fiber 1 g
T Fat 4 g
Chol 10 mg
Sod 274 mg

2 envelopes dry yeast
½ cup warm water
3 cups oats
⅔ cup shortening
½ cup sugar
2 tablespoons salt
2 cups milk, scalded
1 cup cold water
1 cup sifted flour
2 eggs, beaten
5½ to 6 cups sifted flour
2 tablespoons melted shortening

Dissolve yeast in warm water. Combine oats, shortening, sugar and salt in large bowl. Pour hot milk over oats mixture; stir until shortening melts. Let stand for 5 minutes. Add cold water. Let stand until cooled to lukewarm. Add yeast, 1 cup flour and eggs; mix well. Add enough remaining flour to make soft dough. Knead on floured surface for 10 minutes or until smooth and elastic. Place in greased bowl, turning to coat surface. Let rise, covered, in warm place for 1 hour or until doubled in bulk. Punch dough down. Let rest for 10 minutes. Shape into 4 loaves; place in greased loaf pans. Brush with melted shortening. Let rise, covered, for 1 hour or until doubled in bulk. Bake at 375 degrees for 50 to 55 minutes or until loaves test done. Remove from pans immediately. Cool on wire racks.

May Gleen

Great Grandma Hurt's Salt-Rising Bread

Yield:
36 servings
Utensil:
3 loaf pans
Approx Per Serving:
Cal 282
Prot 8 g
Carbo 56 g
Fiber 2 g
T Fat 2 g
Chol 2 mg
Sod 18 mg

3 medium potatoes
3 tablespoons cornmeal
1 teaspoon sugar
4 cups boiling water
2 cups lukewarm milk
1 cup water
1/8 teaspoon soda
1/8 teaspoon salt
2 tablespoons melted shortening
20 cups (about) flour

Peel and slice potatoes; place in bowl. Add cornmeal, sugar and boiling water. Wrap covered bowl in heavy cloth. Let stand in warm place overnight. Discard potatoes. Add milk, 1 cup water, soda, salt and shortening to water in bowl. Add enough flour to make stiff dough. Knead on floured surface until smooth and elastic. Shape into 3 loaves; place in well greased loaf pans. Let rise, covered, until doubled in bulk. Bake at 400 degrees until golden brown and loaves test done.

Margie Davis

Bran Muffins

Yield:
12 servings
Utensil:
muffin pans
Approx Per Serving:
Cal 123
Prot 3 g
Carbo 16 g
Fiber 1 g
T Fat 6 g
Chol 21 mg
Sod 116 mg

1 cup raisin bran cereal
1 cup flour
3 tablespoons sugar
2 teaspoons baking powder
1/8 teaspoon salt
1 egg, beaten
1 cup milk
1/4 cup oil

Combine cereal, flour, sugar, baking powder and salt in bowl. Beat egg with milk and oil in bowl. Add to cereal mixture; mix well. Spoon into greased muffin cups. Bake at 350 degrees until muffins test done.

Ina M. Merryman

Lemon Yogurt Muffins

Yield:
16 servings
Utensil:
muffin pans
Approx Per Serving:
Cal 172
Prot 3 g
Carbo 25 g
Fiber <1 g
T Fat 6 g
Chol 16 mg
Sod 259 mg

2 1/4 cups flour
3/4 cup sugar
3/4 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup corn oil margarine
3 tablespoons lemon juice
Grated rind of 1 lemon
1 cup plain nonfat yogurt
1/4 cup egg substitute

Combine flour, sugar, baking powder, soda and salt in bowl. Cut in margarine until crumbly. Add lemon juice, rind, yogurt and egg substitute; stir just until moistened. Spoon into muffin cups sprayed with nonstick cooking spray. Bake at 350 degrees for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Bettie Willingham

Lemon Poppy Seed Muffins

Yield:
18 servings
Utensil:
muffin pans
Approx Per Serving:
Cal 146
Prot 3 g
Carbo 22 g
Fiber 1 g
T Fat 5 g
Chol 24 mg
Sod 303 mg

2 cups flour
1 1/2 cups quick-cooking oats with toasted oat bran
1/3 cup sugar
1 tablespoon brown sugar
1 teaspoon poppy seed
1 teaspoon baking powder
1/2 teaspoon soda
3/4 teaspoon salt
1 1/2 cups reconstituted frozen lemonade concentrate
2 eggs, beaten
1/3 cup oil
1 tablespoon grated lemon rind

Combine flour, oats, sugar, brown sugar, poppy seed, baking powder, soda and salt in bowl; mix well. Combine lemonade, eggs, oil and lemon rind in bowl; mix until blended. Add to flour mixture all at once; mix just until moistened. Fill greased muffin cups 2/3 full. Bake at 400 degrees for 20 to 25 minutes or until golden brown.

Anne Raabe

Sausage Muffins

Yield:
15 servings
Utensil:
muffin pans
Approx Per Serving:
Cal 191
Prot 4 g
Carbo 19 g
Fiber <1 g
T Fat 11 g
Chol 14 mg
Sod 553 mg

1 pound sausage
3 cups baking mix
1/2 soup can water
1 10-ounce can Cheddar cheese soup

Brown sausage in skillet, stirring until crumbly; drain. Combine sausage, baking mix, water and soup in bowl; mix well. Fill greased muffin cups 3/4 full. Bake at 350 degrees for 20 to 25 minutes or until muffins test done. May bake in miniature muffin cups for 18 to 20 minutes. May substitute nacho cheese soup for a spicier muffin or reserve sausage drippings to prepare cream gravy to serve with muffins.

Kathy Ashmore

Agnes' Hot Rolls

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 91
Prot 2 g
Carbo 16 g
Fiber 1 g
T Fat 2 g
Chol 6 mg
Sod 121 mg

2 envelopes dry yeast
2 cups warm water
1/2 cup sugar
2 teaspoons salt
1/4 cup oil
1 egg, beaten
5 cups flour

Dissolve yeast in warm water. Combine sugar, salt, oil and egg in large bowl; mix well. Add yeast and half the flour; beat until well blended. Add remaining flour; beat for several minutes. Knead on floured surface until smooth and elastic. Place in greased bowl, turning to grease surface. Let rise, covered, in warm place until doubled in bulk. Store in refrigerator. Remove desired amount of dough; shape into rolls and arrange in greased baking pan. Let rise until doubled in bulk. Place in oven. Set temperature to 425 degrees. Bake until rolls are golden brown.

Nell McKinney

Hot Rolls

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 88
Prot 2 g
Carbo 15 g
Fiber 1 g
T Fat 2 g
Chol 12 mg
Sod 182 mg

5 cups sifted flour
3 envelopes dry yeast
1/2 cup sugar
1 tablespoon salt
2 eggs, well beaten
1/4 cup oil
2 cups lukewarm water

Combine flour, dry yeast, sugar and salt in large bowl. Add eggs, oil and water; mix well. Let rise, covered, until doubled in bulk. Store, covered with plastic wrap, in refrigerator. Remove desired amount of dough; shape into rolls and arrange in greased baking pan. Let rise until doubled in bulk. Bake at 375 degrees until golden brown.

Nell Roebuck

Icebox Rolls

Yield:
70 servings
Utensil:
baking pan
Approx Per Serving:
Cal 113
Prot 2 g
Carbo 17 g
Fiber 1 g
T Fat 4 g
Chol 2 mg
Sod 106 mg

1 envelope dry yeast
1/2 cup warm water
1 1/3 cups dry milk powder
10 cups flour
1 cup melted shortening
1 cup sugar
1 tablespoon salt
1/4 cup melted butter

Dissolve yeast in 1/2 cup warm water. Place dry milk powder in 4-cup container. Add enough warm water to measure 4 cups; mix until dry milk dissolves. Sift flour. Combine melted shortening, sugar and warm milk in large bowl. Add 5 cups flour; mix with wire whisk. Add yeast; mix well. Let rise, covered with foil, until doubled in bulk. Mix salt with remaining flour. Add to sponge, working in with greased hands. Divide dough into 2 portions. Grease 2 plastic bags. Place dough in bags; seal tightly. Store in refrigerator for 12 hours or longer. Remove desired amount of dough. Shape into rolls; roll in melted butter and arrange in baking pan. Let rise, covered with foil, for 3 hours or until doubled in bulk. Store remaining dough in refrigerator, punching dough down daily.

Sulaine Callaway

Mashed Potato Rolls

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 135
Prot 3 g
Carbo 20 g
Fiber 1 g
T Fat 5 g
Chol 13 mg
Sod 84 mg

1 envelope dry yeast
1/2 cup warm water
1 cup mashed potatoes
1/2 cup sugar
2 eggs, beaten
1 teaspoon salt
2/3 cup oil
1 cup milk, scalded
5 to 6 cups flour

Dissolve yeast in warm water. Combine potatoes, sugar, eggs, salt, oil and milk in bowl; mix well. Let stand until cooled to lukewarm. Stir in enough flour to make firm but not stiff dough. Shape into rolls; place in greased baking pan. Let rise in warm place for 1 1/2 hours or until doubled in bulk. Bake at 400 degrees for 8 to 10 minutes or until golden brown. May refrigerate dough for up to 4 days before shaping into rolls and baking.

Joe Ann Pugh

Oatmeal Rolls

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 216
Prot 5 g
Carbo 28 g
Fiber 2 g
T Fat 10 g
Chol 18 mg
Sod 185 mg

1 envelope yeast
1/2 cup warm water
1/2 cup shortening
3 tablespoons sugar
1 teaspoon salt
1/2 cup boiling water
1 cup oats
1 egg, beaten
2 1/2 cups flour

Dissolve yeast in warm water. Combine shortening, sugar and salt in large bowl. Add boiling water; stir until shortening melts. Add oats. Let stand until cooled to lukewarm. Add egg and yeast; mix well. Add flour 1 cup at a time, mixing well after each addition. Shape into rolls; place in greased baking pan. Let rise until doubled in bulk. Bake at 400 degrees until golden brown.

Peggy DuVall

FOOLPROOF QUICK ROLLS

Yield:
8 servings
Utensil:
baking pan
Approx Per Serving:
Cal 282
Prot 7 g
Carbo 54 g
Fiber 2 g
T Fat 4 g
Chol 0 mg
Sod 268 mg

1 envelope dry yeast
1 1/2 cups warm water
1/4 cup sugar
1 teaspoon salt
2 tablespoons melted shortening
4 cups flour

Dissolve yeast in warm water in bowl. Add sugar, salt, shortening and flour; mix well. Let rise, covered, in warm place until doubled in bulk. Shape into rolls; place in greased baking pan. Let rise until doubled in bulk. Bake at 350 degrees until brown.

Bonnie Ferguson

PLAY DOUGH

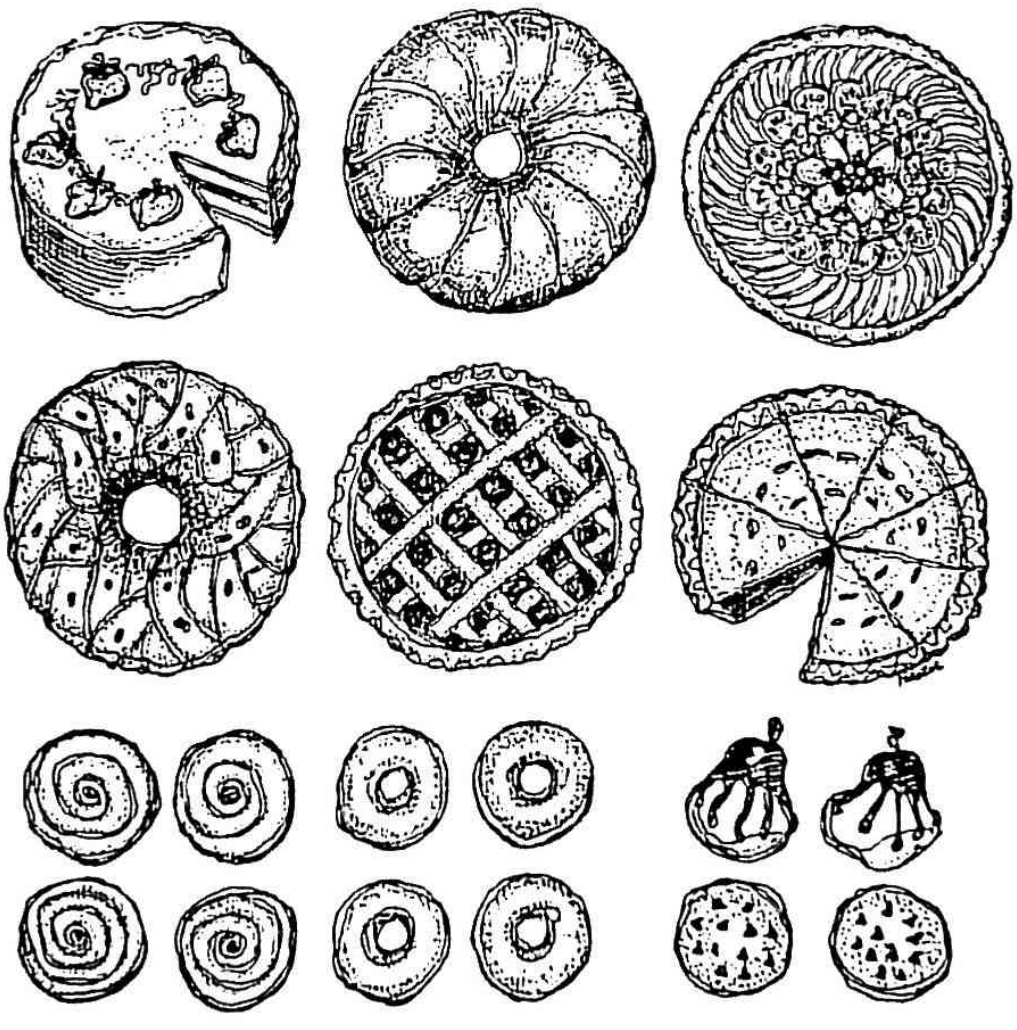
Yield:
1 recipe
Utensil:
saucepan
Approx Per Recipe:
Cal 500
Prot 13 g
Carbo 96 g
Fiber 3 g
T Fat 6 g
Chol 0 mg
Sod 51170 mg

1 cup flour
1/2 cup salt
2 teaspoons cream of tartar
1 teaspoon oil
1 cup water
Red food coloring

Combine flour, salt, cream of tartar and oil in saucepan. Stir in water gradually. Cook over low heat until thickened to desired consistency; remove from heat. Add food coloring; mix well. Cool. Store in airtight container. Allow children to play with dough as imagination dictates. It is safe to eat in small quantities.

Jennifer Young

DESSERTS



Rocky Road Fudge Bars

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 250
Prot 2 g
Carbo 33 g
Fiber <1 g
T Fat 13 g
Chol 39 mg
Sod 81 mg

1/2 cup butter
1 ounce unsweetened chocolate
2 eggs
1 teaspoon vanilla extract
1 cup sugar
1 cup flour
1 teaspoon baking powder
1/2 to 1 cup chopped pecans
6 ounces cream cheese, softened
1/4 cup butter, softened
1 egg
1/2 cup sugar
1/2 teaspoon vanilla extract
2 tablespoons flour
1/4 cup chopped pecans
1 cup chocolate chips
2 cups miniature marshmallows
1/4 cup butter
1 ounce unsweetened chocolate
2 ounces cream cheese, softened
1/4 cup milk
1 teaspoon vanilla extract
1 1-pound package confectioners' sugar

Combine 1/2 cup butter and 1 ounce chocolate in large saucepan. Heat over low heat until melted, stirring constantly; remove from heat. Add 2 eggs and 1 teaspoon vanilla; mix well. Add 1 cup sugar, 1 cup flour and baking powder; mix well. Stir in 1/2 to 1 cup pecans. Spread in greased and floured 9x13-inch baking pan. Combine 6 ounces cream cheese, 1/4 cup butter, 1 egg, 1/2 cup sugar, 1/2 teaspoon vanilla and 2 tablespoons flour in small mixer bowl; beat until fluffy. Stir in 1/4 cup pecans. Spread over chocolate mixture. Sprinkle with chocolate chips. Bake at 350 degrees for 25 to 35 minutes or until toothpick inserted in center comes out clean. Sprinkle marshmallows over top. Bake for 2 minutes longer. Melt 1/4 cup butter, 1 ounce chocolate, 2 ounces cream cheese and milk in large saucepan over low heat, stirring constantly; remove from heat. Add vanilla and confectioners' sugar; mix until smooth. Pour over hot baked layer; swirl melted marshmallows and frosting together. Let stand until set. Cut into bars.

Mrs. Charlotte A. Parks
Ben Wheeler, Texas

Flapper Fudge

Yield:
64 servings
Utensil:
square dish
Approx Per Serving:
Cal 57
Prot <1 g
Carbo 9 g
Fiber <1 g
T Fat 2 g
Chol 1 mg
Sod 4 mg

3 ounces cream cheese, softened
1 1-pound package confectioners' sugar
3 tablespoons water
1 teaspoon vanilla extract
3 ounces unsweetened chocolate, melted
1 cup broken pecans

Beat cream cheese in mixer bowl until light and fluffy. Add confectioners'sugar, water and vanilla, beating constantly until smooth and creamy. Add melted chocolate; beat until smooth. Stir in pecans. Pour into greased 8x8-inch dish; spread evenly about 1 inch thick. Chill until firm. Cut into squares.

Debera Carnes (Niece of Charlotte Parks)
Grand Saline, Texas
1983 Best of Show, Senior

Mince Lime Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 381
Prot 8 g
Carbo 45 g
Fiber <1 g
T Fat 19 g
Chol 83 mg
Sod 267 mg

1 14-ounce can sweetened condensed milk
2 eggs, beaten
1/3 cup lime juice
1/4 teaspoon grated lime rind
1/8 teaspoon salt
1/4 cup mincemeat
1 baked 9-inch pie shell
1 cup sour cream
1/4 cup sugar
1/2 teaspoon vanilla extract
1 cup mincemeat

Combine condensed milk and eggs in bowl; blend well. Add lime juice, lime rind and salt; mix well. Stir in 1/4 cup mincemeat. Spoon into pie shell. Combine sour cream, sugar and vanilla in bowl; mix well. Spread evenly over lime mixture. Bake at 350 degrees for 10 minutes. Spoon 1 cup mincemeat in 1 1/2-inch border around edge of pie. Garnish with lime slice.

Nutritional information does not include mincemeat.

Mrs. Charlotte A. Parks
Ben Wheeler, Texas
1984 Best of Show, Eagle Brand Dessert Day

Apple Dumplings

Yield:
6 servings
Utensil:
baking pan
Approx Per Serving:
Cal 816
Prot 5 g
Carbo 120 g
Fiber 4 g
T Fat 38 g
Chol 39 mg
Sod 590 mg

1½ cups sugar
1½ cups water
¼ teaspoon cinnamon
¼ teaspoon nutmeg
3 tablespoons butter
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
⅔ cup shortening
½ cup milk
6 medium apples, peeled and cored
½ cup sugar
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ cup butter
1 tablespoon sugar

Bring first 4 ingredients to a boil in saucepan; remove from heat. Stir in 3 tablespoons butter. Sift dry ingredients into bowl. Cut in shortening until crumbly. Add milk; mix just until mixture forms ball. Roll into 12x18-inch rectangle on floured surface. Cut into 6-inch squares. Place 1 apple on each square. Sprinkle with ½ cup sugar, 1 teaspoon cinnamon and ½ teaspoon nutmeg. Dot with ¼ cup butter. Bring corners of dough up to enclose apples. Moisten edges and seal. Place 1 inch apart in baking pan. Pour syrup over dumplings. Sprinkle with 1 tablespoon sugar. Bake at 375 degrees for 35 minutes.

Maggie Richardson

Bavarian Apple Torte

Yield:
20 servings
Utensil:
springform pan
Approx Per Serving:
Cal 162
Prot 2 g
Carbo 18 g
Fiber 1 g
T Fat 10 g
Chol 23 mg
Sod 91 mg

½ cup margarine
⅓ cup sugar
¼ teaspoon vanilla extract
1 cup flour
8 ounces cream cheese, softened
¼ cup sugar
1 egg
½ teaspoon vanilla extract
⅓ cup sugar
½ teaspoon cinnamon
4 cups sliced peeled apples
¼ cup sliced almonds

Cream first 3 ingredients in bowl. Add flour; mix well. Press into 9-inch springform pan. Beat cream cheese and ¼ cup sugar in bowl. Beat in egg and ½ teaspoon vanilla. Spoon into prepared pan. Mix ⅓ cup sugar, cinnamon and apples in bowl. Spoon over cream cheese layer; sprinkle with almonds. Bake at 450 degrees for 10 minutes. Reduce temperature to 400 degrees. Bake for 25 minutes.

Linda Wiatrek

Apple Strudel

Yield:
10 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 333
Prot 4 g
Carbo 50 g
Fiber 4 g
T Fat 15 g
Chol 24 mg
Sod 137 mg

1 egg yolk, beaten
2 tablespoons sugar
1/4 cup warm milk
8 teaspoons melted margarine
1 cup flour
1 tablespoon melted margarine
6 tablespoons cornflake crumbs
6 tablespoons vanilla wafer crumbs
5 to 6 medium apples, peeled, sliced
1/2 cup chopped pecans
1/2 cup miniature marshmallows
1/2 cup coconut
1/4 cup raisins
1/2 cup sugar
1/2 teaspoon cinnamon
2 tablespoons margarine
1 tablespoon melted margarine
2 tablespoons brown sugar
2 egg whites
2 tablespoons confectioners' sugar

Combine egg yolk, 2 tablespoons sugar, milk and 8 teaspoons melted margarine in bowl. Add flour; mix with fork to form dough. Knead on floured surface for 5 minutes or until smooth. Chill, covered, for 20 minutes to 1 week. Roll to 19x22-inch rectangle on floured pastry cloth. Brush with 1 tablespoon melted margarine. Sprinkle mixture of cornflake crumbs and cookie crumbs to within 1 inch of edge. Arrange apples over dough. Sprinkle with pecans, marshmallows, coconut and raisins. Sprinkle with mixture of 1/2 cup sugar and 1/2 teaspoon cinnamon. Dot with 2 tablespoons margarine. Fold edges of dough 1 inch over filling on all sides. Roll as for jelly roll from narrow side, lifting pastry cloth to loosen. Place gently on greased baking sheet. Brush with 1 tablespoon melted margarine. Bake at 400 degrees for 35 minutes or until golden brown. Combine brown sugar, egg whites and confectioners' sugar in bowl; mix well. Brush on hot strudel.

Mary Brown

My Neighbor's Banana Pudding

Yield:
12 servings
Utensil:
large bowl
Approx Per Serving:
Cal 483
Prot 7 g
Carbo 80 g
Fiber 2 g
T Fat 17 g
Chol 34 mg
Sod 290 mg

2 4-ounce packages vanilla instant pudding mix
3 cups milk
1 14-ounce can sweetened condensed milk
12 ounces whipped topping
1 12-ounce package vanilla wafers
8 bananas, sliced

Prepare pudding mix with milk, using package directions. Add condensed milk; mix well. Fold in whipped topping. Alternate layers of vanilla wafers, bananas and pudding in large bowl. Chill until serving time.

Mary Jo Dellis

Banana Pudding Supreme

Yield:
12 servings
Utensil:
serving dish
Approx Per Serving:
Cal 454
Prot 7 g
Carbo 64 g
Fiber 1 g
T Fat 20 g
Chol 52 mg
Sod 303 mg

8 ounces cream cheese, softened
1 14-ounce can sweetened condensed milk
1 6-ounce package vanilla instant pudding mix
2 cups milk
8 ounces whipped topping
1 12-ounce package vanilla wafers
4 bananas, sliced

Beat cream cheese in bowl until smooth. Add condensed milk, pudding mix and milk; mix well. Fold in half the whipped topping. Layer pudding mixture, vanilla wafers and bananas in serving dish. Top with remaining whipped topping.

Jennie Jones, Sharon Wright

Sinful Banana Pudding

Yield:
6 servings
Utensil:
large bowl
Approx Per Serving:
Cal 686
Prot 9 g
Carbo 95 g
Fiber <1 g
T Fat 28 g
Chol 34 mg
Sod 329 mg

1 6-ounce package vanilla instant pudding mix
2 cups milk
1 14-ounce can sweetened condensed milk
1 tablespoon lemon juice
1/2 cup Amaretto
Vanilla extract to taste
16 ounces whipped topping
3 bananas, sliced
1 8-ounce package vanilla wafers

Combine pudding mix, milk and condensed milk in bowl; mix well. Stir in lemon juice, Amaretto and vanilla. Fold in whipped topping. Alternate layers of pudding, bananas and vanilla wafers in large bowl. Chill until serving time.

Peggy Burrow

Frozen Banana Splits

Yield:
15 servings
Utensil:
dish
Approx Per Serving:
Cal 550
Prot 7 g
Carbo 61 g
Fiber 2 g
T Fat 32 g
Chol 35 mg
Sod 359 mg

3 cups graham cracker crumbs
1/2 cup melted margarine
3 bananas, sliced
1/2 gallon vanilla ice cream, sliced
1/2 cup salted peanuts
1/2 cup chocolate chips
1/4 cup margarine
1 cup confectioners' sugar
3/4 cup evaporated milk
1/2 teaspoon vanilla extract
16 ounces whipped topping

Combine cracker crumbs with 1/2 cup margarine in bowl; mix well. Press into 9x13-inch dish. Arrange banana slices in prepared dish. Layer ice cream slices over bananas. Sprinkle with peanuts. Place in freezer. Combine chocolate chips, 1/4 cup margarine, confectioners' sugar and evaporated milk in saucepan. Cook until thickened and smooth, stirring constantly. Stir in vanilla. Cool to room temperature. Spread over ice cream. Top with whipped topping. Freeze until serving time.

Jaci Denholm

Betty's Cheesecake

Yield:
16 servings
Utensil:
springform pan
Approx Per Serving:
Cal 451
Prot 7 g
Carbo 38 g
Fiber 1 g
T Fat 31 g
Chol 120 mg
Sod 326 mg

1/3 cup confectioners' sugar
1 1/2 cups graham cracker crumbs
1/2 cup melted margarine
24 ounces cream cheese, softened
1 cup sugar
1 teaspoon vanilla extract
4 eggs
2 cups sour cream
1 21-ounce can blueberry pie filling

Combine confectioners' sugar, cracker crumbs and margarine in bowl; mix well. Press over bottom of 10-inch springform pan. Combine cream cheese and sugar in mixer bowl; beat until smooth. Add vanilla and eggs; mix well. Spoon into prepared pan. Bake at 350 degrees for 50 minutes. Spread sour cream over top. Bake for 5 minutes longer. Cool on wire rack. Place on serving plate; remove side of pan. Top with pie filling. May use cherry or strawberry pie filling if preferred.

Betty R. Morris

Party Cheesecakes

Yield:
24 servings
Utensil:
muffin pan
Approx Per Serving:
Cal 139
Prot 2 g
Carbo 16 g
Fiber <1 g
T Fat 8 g
Chol 41 mg
Sod 84 mg

16 ounces cream cheese, softened
3/4 cup sugar
2 eggs
1 teaspoon vanilla extract
24 vanilla wafers
1 21-ounce can blueberry pie filling

Combine cream cheese, sugar, eggs and vanilla in mixer bowl; mix until smooth. Place 1 vanilla wafer in each of 24 muffin cups. Spoon cream cheese mixture into prepared cups. Bake at 400 degrees for 10 minutes. Cool to room temperature. Top with pie filling. May substitute cherry pie filling for blueberry if preferred.

Katy Stinson

Cherry and Pineapple Dessert

Yield:
6 servings
Utensil:
bowl
Approx Per Serving:
Cal 390
Prot 2 g
Carbo 52 g
Fiber 3 g
T Fat 21 g
Chol 0 mg
Sod 45 mg

12 ounces whipped topping
1 21-ounce can cherry pie filling
1 20-ounce can crushed pineapple, drained
1/2 cup chopped pecans

Combine whipped topping, pie filling, pineapple and pecans in bowl; mix well. Chill until serving time.

Chad Kaercher

Cherry Pretzel Dessert

Yield:
15 servings
Utensil:
dish
Approx Per Serving:
Cal 433
Prot 3 g
Carbo 54 g
Fiber 1 g
T Fat 24 g
Chol 17 mg
Sod 449 mg

1 8-ounce package pretzels, crushed
1 cup melted margarine
3/4 cup sugar
8 ounces cream cheese, softened
2 cups confectioners' sugar
12 ounces whipped topping
1 21-ounce can cherry pie filling

Combine pretzels, margarine and sugar in bowl; mix well. Press half the mixture into 9x11-inch dish. Combine cream cheese, confectioners' sugar and whipped topping in mixer bowl; mix until smooth. Layer half the cream cheese mixture, pie filling, remaining cream cheese mixture and remaining pretzel mixture in prepared dish. Store in freezer. Let stand for 10 to 15 minutes before serving. May substitute blueberry pie filling for cherry pie filling.

Glena Yell

Fruit Cobbler

Yield:
9 servings
Utensil:
baking dish
Approx Per Serving:
Cal 265
Prot 2 g
Carbo 41 g
Fiber 2 g
T Fat 11 g
Chol 3 mg
Sod 231 mg

2 cups blackberries
1/4 cup sugar
1/2 cup margarine
3/4 cup flour
1 cup sugar
2 teaspoons baking powder
1/8 teaspoon salt
3/4 cup milk
1/2 teaspoon vanilla extract

Combine blackberries and 1/4 cup sugar in bowl; mix well. Melt margarine in 8x8-inch baking dish. Combine flour, 1 cup sugar, baking powder, salt, milk and vanilla in bowl; mix well. Pour into melted margarine in dish; do not stir. Spoon fruit over batter; do not stir. Bake at 350 degrees for 1 hour or until golden brown. Serve with vanilla ice cream. May substitute other fruit except strawberries, which do not work well.

Keith G. Riemer

Dirt Dessert

Yield:
12 servings
Utensil:
large flowerpot
Approx Per Serving:
Cal 559
Prot 5 g
Carbo 52 g
Fiber 1 g
T Fat 38 g
Chol 21 mg
Sod 334 mg

1 16-ounce package Oreo cookies
8 ounces cream cheese, softened
1/2 cup margarine, softened
1/2 cup sugar
16 ounces whipped topping
1 cup chopped pecans
1 8-ounce jar maraschino cherries, drained, chopped

Process cookies in blender or food processor until crushed. Combine cream cheese, margarine and sugar in mixer bowl; mix well. Add whipped topping, pecans and cherries; mix well. Alternate layers of cookie crumbs and cream cheese mixture in large clean 6-quart flowerpot, beginning and ending with crumbs. Add artificial flowers with stems wrapped with foil or plastic wrap. Use as centerpiece and dessert.

Jan Robertson

Dirt Pudding Dessert

Yield:
15 servings
Utensil:
dish
Approx Per Serving:
Cal 458
Prot 5 g
Carbo 58 g
Fiber 1 g
T Fat 24 g
Chol 24 mg
Sod 390 mg

1 20-ounce package Oreo cookies
1/4 cup margarine, softened
8 ounces cream cheese, softened
1 cup confectioners' sugar
2 4-ounce packages vanilla instant pudding mix
3 1/2 cups milk
12 ounces whipped topping

Process cookies in food processor until crushed. Cream margarine, cream cheese and confectioners' sugar in mixer bowl until smooth. Combine pudding mix and milk in bowl; mix well. Add cream cheese mixture; mix well. Fold in whipped topping. Alternate layers of cookie crumbs and cream cheese mixture in dish, beginning and ending with crumbs. Add artificial flowers. Serve with garden trowel.

Virginia Parrish

Dump Cake

Yield:
20 servings
Utensil:
baking dish
Approx Per Serving:
Cal 221
Prot 2 g
Carbo 36 g
Fiber 1 g
T Fat 9 g
Chol 5 mg
Sod 181 mg

1 20-ounce can crushed pineapple
1 21-ounce can cherry pie filling
1 2-layer package yellow cake mix
3 tablespoons butter
1 cup chopped pecans

Spread undrained pineapple in greased 10x14-inch baking dish. Spread pie filling over pineapple. Sprinkle dry cake mix over cherries. Dot with butter; sprinkle with pecans. Bake at 350 degrees for 1 hour.

Faye Ryon

Deluxe Dump Cake

Yield:
12 servings
Utensil:
baking dish
Approx Per Serving:
Cal 510
Prot 3 g
Carbo 75 g
Fiber 3 g
T Fat 24 g
Chol 31 mg
Sod 390 mg

2 21-ounce cans cherry pie filling
1 20-ounce can crushed pineapple
1 2-layer package yellow cake mix
1 cup coconut
3/4 cup melted butter
1 cup chopped pecans

Layer pie filling, undrained pineapple, dry cake mix and coconut in baking dish. Drizzle with butter; sprinkle with pecans. Bake at 325 degrees for 1 hour and 15 minutes. May substitute apple pie filling for cherry pie filling.

Ruby R. Wisdom

Forgotten Dessert

Yield:
8 servings
Utensil:
baking dish
Approx Per Serving:
Cal 157
Prot 3 g
Carbo 38 g
Fiber 0 g
T Fat <1 g
Chol 0 mg
Sod 105 mg

6 egg whites
1/4 teaspoon salt
1/2 teaspoon cream of tartar
1/2 teaspoon vanilla extract
1 1/2 cups sugar

Beat egg whites in large mixer bowl until soft peaks form. Beat in salt, cream of tartar and vanilla. Add sugar 1 tablespoon at a time, beating until stiff peaks form. Spoon into greased 8x12-inch glass baking dish. Bake at 425 degrees for 3 minutes. Turn off oven. Let stand in oven overnight. Chill in refrigerator. Serve with whipped cream and strawberries.

Karen S. Aho

Lemon Lust

Yield:
12 servings
Utensil:
shallow dish
Approx Per Serving:
Cal 552
Prot 6 g
Carbo 51 g
Fiber 1 g
T Fat 38 g
Chol 26 mg
Sod 343 mg

3/4 cup margarine, softened
1 1/4 cups flour
1 cup chopped pecans
1 cup confectioners' sugar
8 ounces cream cheese, softened
16 ounces whipped topping
2 4-ounce packages lemon instant pudding mix
2 cups milk
1/4 cup chopped pecans

Combine first 3 ingredients in bowl; mix well. Spread in buttered 9x13-inch dish. Combine confectioners' sugar and cream cheese in mixer bowl; mix well. Add half the whipped topping; mix well. Spread in prepared dish. Mix pudding mix and milk in bowl. Spread over cream cheese layer. Top with remaining whipped topping and 1/4 cup pecans.

Vicky Crane (Mrs. C. L.)

Brandy Cream Cheese Mousse

Yield:
8 servings
Utensil:
mold
Approx Per Serving:
Cal 753
Prot 12 g
Carbo 73 g
Fiber <1 g
T Fat 47 g
Chol 305 mg
Sod 243 mg

1 envelope unflavored gelatin
1/2 cup cold water
8 ounces cream cheese, softened
1/2 cup sugar
1/4 cup milk
1/4 cup lemon juice
1/2 teaspoon grated lemon rind
1 tablespoon rum
3 egg whites, stiffly beaten
1 cup whipping cream, whipped
3/4 cup sugar
2 tablespoons cornstarch
1 cup water
3 egg yolks
1 tablespoon Brandy

Soften gelatin in 1/2 cup cold water in double boiler. Heat over hot water until dissolved. Beat cream cheese and 1/2 cup sugar in bowl until light. Add milk, lemon juice, lemon rind, rum and gelatin gradually, mixing well. Chill just until thickened. Fold in egg whites and whipped cream. Spoon into 1-quart mold. Chill for several hours to overnight. Combine 3/4 cup sugar, cornstarch and 1 cup water in saucepan. Cook until thickened and clear, stirring constantly. Stir a small amount of hot mixture into egg yolks; stir egg yolks into hot mixture. Cook until thickened, stirring constantly. Stir in Brandy. Unmold mousse on serving plate. Serve with Brandy sauce.

Ruth Reddell

Bess Truman's Ozark Pudding

Yield:
6 servings
Utensil:
baking pan
Approx Per Serving:
Cal 209
Prot 3 g
Carbo 34 g
Fiber 1 g
T Fat 8 g
Chol 36 mg
Sod 218 mg

1 egg
3/4 cup sugar
1/3 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped pecans
1/2 cup chopped peeled apple
1 teaspoon vanilla extract

Beat egg in mixer bowl. Add sugar, beating until thick and lemon-colored. Add sifted flour, baking powder and salt; mix well. Fold in pecans and apple. Add vanilla. Spoon into greased and floured 8x8-inch baking pan. Bake at 325 degrees for 30 minutes. Serve with whipped cream.

Ann Todd

Quick and Easy Peach Cobbler

Yield:
10 servings
Utensil:
baking dish
Approx Per Serving:
Cal 265
Prot 2 g
Carbo 46 g
Fiber 1 g
T Fat 9 g
Chol 2 mg
Sod 252 mg

1 29-ounce can sliced peaches
1/2 cup sugar
Cinnamon and nutmeg to taste
6 tablespoons margarine
1 cup baking mix
1/2 cup sugar
3/4 cup milk

Combine peaches with 1/2 cup sugar, cinnamon and nutmeg in saucepan. Cook until heated through. Melt margarine in 9x13-inch baking dish. Combine baking mix, 1/2 cup sugar and milk in bowl; mix well. Spoon into butter in dish. Top with peach mixture; mix gently. Sprinkle with additional cinnamon and nutmeg. Bake at 375 degrees for 30 minutes or until brown.

Paul T. Biddle

Mrs. Bragg's Peach Cobbler

Yield:
6 servings
Utensil:
baking pan
Approx Per Serving:
Cal 410
Prot 4 g
Carbo 64 g
Fiber 1 g
T Fat 17 g
Chol 77 mg
Sod 246 mg

1 cup sugar
1 cup flour
1 teaspoon baking powder
1/8 teaspoon salt
1 egg, beaten
1 16-ounce can peaches
1/2 cup butter

Mix sugar, flour, baking powder and salt in bowl. Add egg; mix well. Place peaches in 8x8-inch baking pan. Spread batter over top. Dot with butter. Bake at 325 degrees until brown.

Pat Petry

Punch Bowl Cake TRY

Yield:
16 servings
Utensil:
punch bowl
Approx Per Serving:
Cal 594
Prot 6 g
Carbo 161 g
Fiber 6 g
T Fat 23 g
Chol 63 mg
Sod 330 mg

1 2-layer package yellow cake mix
1 6-ounce package banana cream instant pudding mix
2 21-ounce cans strawberry pie filling
1 20-ounce can crushed pineapple
4 bananas
16 ounces whipped topping
2 cups chopped pecans

Prepare and bake cake mix using package directions. Cool and crumble cake. Prepare pudding mix using package directions. Layer cake, pudding, pie filling, pineapple, bananas, whipped topping and pecans 1/2 at a time in punch bowl. Chill until serving time. Garnish with strawberries or cherries.

Ernestyne Wilson (Mrs. Roy)

Better Than Sex Dessert

Yield:
15 servings
Utensil:
baking pan
Approx Per Serving:
Cal 519
Prot 6 g
Carbo 71 g
Fiber 2 g
T Fat 26 g
Chol 4 mg
Sod 239 mg

1 2-layer package cake mix
1 8-ounce can crushed pineapple
1/2 cup sugar
1 4-ounce package vanilla instant pudding mix
12 ounces whipped topping
1 1/2 cups chopped pecans
1 1/2 cups coconut

Prepare and bake cake mix, using package directions for 9x13-inch baking pan. Punch holes in hot cake. Heat undrained pineapple and sugar in small saucepan until bubbly. Pour over cake. Prepare pudding mix using package directions. Spoon over pineapple. Layer whipped topping, pecans and coconut 1/2 at a time over top.

Rubye Potts

Fruit Pizza

Yield:
12 servings
Utensil:
pizza pan
Approx Per Serving:
Cal 580
Prot 5 g
Carbo 81 g
Fiber 1 g
T Fat 28 g
Chol 72 mg
Sod 519 mg

1 20-ounce package refrigerator sugar cookie dough, softened
8 ounces cream cheese, softened
1/2 cup sugar
1 teaspoon vanilla extract
1 15-ounce can pineapple tidbits
Assorted bite-sized fresh fruit
1/2 cup pineapple juice
1/2 cup water
1/2 cup sugar
2 tablespoons cornstarch

Spread cookie dough in greased pizza pan. Bake at 350 degrees for 14 minutes or until light brown; cool. Combine cream cheese, 1/2 cup sugar and vanilla in bowl; mix until smooth. Spread over crust. Arrange pineapple and fresh fruit over cream cheese layer. Combine pineapple juice, water, 1/2 cup sugar and cornstarch in saucepan. Cook until thickened, stirring constantly. Cool to room temperature. Spoon over fruit. Chill for several hours.

Nutritional information does not include fresh fruit.

Cathy Teer

Pineapple Angel Food Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 110
Prot 2 g
Carbo 26 g
Fiber <1 g
T Fat <1 g
Chol 0 mg
Sod 202 mg

1 12-ounce can crushed pineapple
1 package angel food cake mix

Drain pineapple, reserving 1/2 cup juice. Add enough water to reserved juice to measure 1 1/3 cups liquid. Prepare cake mix using package directions, substituting pineapple juice mixture for liquid. Fold in pineapple. Bake as directed. Cool upright in tube pan. Remove to serving plate.

Mickey Balthrop

Fresh Apple Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 485
Prot 4 g
Carbo 56 g
Fiber 2 g
T Fat 28 g
Chol 44 mg
Sod 213 mg

3 cups flour
1 teaspoon soda
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon salt
1 1/2 cups oil
2 cups sugar
3 eggs
2 teaspoons vanilla extract
2 cups finely chopped peeled apples
1 cup chopped pecans
1/2 cup raisins
1 cup apple juice
1/4 cup packed brown sugar
2 tablespoons butter

Mix flour, soda, cinnamon, nutmeg and salt together in bowl. Combine oil, sugar, eggs and vanilla in mixer bowl; beat at medium speed until smooth. Add flour mixture gradually, mixing well after each addition. Fold in apples, pecans and raisins. Spoon into greased and floured 10-inch tube pan. Bake at 325 degrees for 1 hour. Combine apple juice, brown sugar and butter in saucepan. Bring to a boil, stirring to mix well. Pierce top of cake. Pour hot mixture over cake. Let stand until cool. Remove to airtight container to store.

Christine Garrett

Lone Star Fresh Apple Cake

Yield:
12 servings
Utensil:
tube pan
Approx Per Serving:
Cal 588
Prot 5 g
Carbo 81 g
Fiber 2 g
T Fat 29 g
Chol 31 mg
Sod 314 mg

1 cup oil
2 cups sugar
2 eggs, beaten
3 cups flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon salt
1 teaspoon vanilla extract
3/4 cup chopped pecans
3 cups chopped unpeeled Delicious apples
1 cup packed brown sugar
1/4 cup margarine
1/4 cup milk

Combine oil, sugar and eggs in large mixer bowl. Beat at medium speed until smooth. Stir in flour, soda, cinnamon, salt, vanilla, pecans and apples by hand. Spoon into greased and floured 12-cup tube or bundt pan. Bake at 325 degrees for 1 hour. Cool in pan for 10 minutes. Remove to wire rack. Combine brown sugar, margarine and milk in 1-quart saucepan; mix well. Bring to a full boil over medium heat, stirring occasionally; reduce heat. Cook for 1 minute. Spoon over warm cake.

C. J. Wilson

Applesauce Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 255
Prot 3 g
Carbo 41 g
Fiber 2 g
T Fat 10 g
Chol 56 mg
Sod 114 mg

1/2 cup butter, softened
1 1/2 cups sugar
3 eggs
2 cups sifted flour
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon each nutmeg, cloves and salt
1 1/2 cups unsweetened applesauce
1 cup chopped dates
1/2 cup chopped pecans

Cream butter and sugar in mixer bowl until light and fluffy. Beat in eggs. Sift flour with soda, cinnamon, nutmeg, cloves and salt. Add to batter, mixing well. Stir in applesauce, dates and pecans. Spoon into greased and floured 10-inch tube pan. Bake at 325 degrees for 50 minutes. Remove to wire rack to cool.

Dorothy Cawthon

Apricot Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 319
Prot 3 g
Carbo 39 g
Fiber 1 g
T Fat 17 g
Chol 40 mg
Sod 183 mg

1 cup oil
2 cups sugar
3 eggs
2 4-ounce jars apricot baby food
1 teaspoon vanilla extract
2 cups self-rising flour
1 teaspoon cinnamon
1/2 cup chopped pecans

Combine oil and sugar in mixer bowl; beat until smooth. Beat in eggs. Add baby food and vanilla; mix well. Add flour, cinnamon and pecans; mix well. Spoon into greased and floured tube pan. Bake at 350 degrees for 1 hour. Remove to wire rack to cool. May use other flavors of baby food fruit.

Chuck Nordstrom

Blueberry Tea Cake

Yield:
12 servings
Utensil:
cake pan
Approx Per Serving:
Cal 573
Prot 7 g
Carbo 81 g
Fiber 3 g
T Fat 25 g
Chol 100 mg
Sod 390 mg

4 cups flour
1 tablespoon baking powder
1/2 teaspoon salt
1 cup butter, softened
1 1/4 cups sugar
2 eggs
1 cup milk
4 cups fresh blueberries
1 cup sugar
1/2 cup flour
2 teaspoons cinnamon
1/2 cup butter

Mix 4 cups flour, baking powder and salt in bowl. Cream 1 cup butter and 1 1/4 cups sugar in mixer bowl until light and fluffy. Beat in eggs and milk. Add flour mixture gradually, mixing well after each addition. Fold in blueberries; batter will be stiff. Spoon into greased and floured 9x13-inch cake pan. Mix 1 cup sugar, 1/2 cup flour and cinnamon in bowl. Cut in 1/2 cup butter until crumbly. Sprinkle over batter. Bake at 300 degrees for 30 to 40 minutes or until cake tests done. Cool on wire rack.

Pam Ballew

Butter Pecan Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 288
Prot 4 g
Carbo 30 g
Fiber 1 g
T Fat 17 g
Chol 53 mg
Sod 215 mg

1 2-layer package butter pecan cake mix
1 14-ounce package coconut and pecan frosting mix
1 cup coconut, chopped
1/2 cup oil
1 cup water
4 eggs, at room temperature, beaten
Salt to taste
1 cup chopped pecans

Mix dry cake mix, dry frosting mix and coconut in mixer bowl. Add oil, water, eggs and salt. Beat at medium speed for 2 to 3 minutes, scraping bowl frequently. Fold in pecans. Spoon into greased and floured 10-inch tube pan. Bake at 300 degrees for 1 hour or until cake tests done. Cool in pan for 10 minutes. Remove to serving plate to cool completely.

Nutritional information does not include frosting mix.

Lola Mae Parker

Fresh Cherry Wine Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 364
Prot 4 g
Carbo 42 g
Fiber <1 g
T Fat 19 g
Chol 69 mg
Sod 280 mg

1/2 cup chopped pecans
1 2-layer package white cake mix
1 3-ounce package cherry gelatin
1 cup chopped fresh cherries, drained
4 eggs
1/2 cup oil
1 cup cherry wine
1 cup confectioners' sugar
1/2 cup butter
1/2 cup cherry wine

Sprinkle pecans in greased and floured bundt pan. Mix dry cake mix and gelatin in bowl. Add cherries, eggs, oil and 1 cup wine; mix well. Spoon into prepared cake pan. Bake at 375 degrees for 50 to 60 minutes or until cake tests done. Remove to wire rack to cool. Bring confectioners' sugar, butter and 1/2 cup wine to a boil in saucepan, stirring to mix well. Pour half the mixture over warm cake. Let stand for 30 minutes. Pour remaining wine sauce over cake. May use canned or frozen cherries if preferred. May substitute strawberry or blackberry wine for cherry wine.

Imogene Box

Chocolate Chip Bundt Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 378
Prot 4 g
Carbo 38 g
Fiber 1 g
T Fat 24 g
Chol 55 mg
Sod 223 mg

4 ounces German's chocolate, grated
1 2-layer package pudding-recipe yellow cake mix
1 cup oil
4 eggs
1 cup milk
1 cup chocolate chips

Reserve 2 tablespoons grated chocolate for topping. Combine cake mix, oil, eggs and milk in bowl; mix well. Fold in remaining grated chocolate and chocolate chips. Spoon into greased and floured 12-cup bundt pan. Bake at 350 degrees for 50 to 60 minutes. Cool in pan on wire rack. Remove to serving plate. Garnish with reserved chocolate. May also garnish with confectioners' sugar.

Becky Riggins

Coke Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 522
Prot 4 g
Carbo 66 g
Fiber 2 g
T Fat 29 g
Chol 67 mg
Sod 181 mg

2 cups sugar
2 cups flour
1/2 cup butter
1/2 cup oil
1/4 cup baking cocoa
1 cup Coca-Cola
3/4 cup sour cream
1 teaspoon soda
1 teaspoon vanilla extract
2 eggs
1 1/2 cups miniature marshmallows
1/2 cup butter
1/4 cup baking cocoa
6 tablespoons Coca-Cola
2 cups confectioners' sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Mix sugar and flour in large bowl. Bring 1/2 cup butter, oil, 1/4 cup cocoa and 1 cup Coca-Cola to a boil in saucepan, stirring to mix well. Pour over sugar mixture; mix well. Add sour cream, soda, 1 teaspoon vanilla and eggs; mix well. Fold in marshmallows. Spoon into greased 9x13-inch cake pan. Bake at 350 degrees for 45 minutes. Bring 1/2 cup butter, 1/4 cup cocoa and 6 tablespoons Coca-Cola to a boil in saucepan. Add confectioners' sugar, 1 teaspoon vanilla and pecans; mix well. Spread over hot cake. Cool on wire rack.

Penny Green

Mississippi Mud Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 608
Prot 5 g
Carbo 89 g
Fiber 3 g
T Fat 28 g
Chol 57 mg
Sod 258 mg

2 cups sugar
1 cup melted margarine
4 eggs, beaten
1 1/2 cups flour
1/3 cup baking cocoa
1 teaspoon vanilla extract
1 cup chopped pecans
1 3-ounce can flaked coconut
1 7-ounce jar marshmallow creme
1/2 cup melted margarine
1/3 cup baking cocoa
1 teaspoon vanilla extract
Salt to taste
1 1-pound package confectioners' sugar
1/4 cup (about) milk

Combine sugar, 1 cup margarine and eggs in bowl; mix well. Sift in flour and 1/3 cup cocoa; mix well. Stir in 1 teaspoon vanilla, pecans and coconut. Spoon into greased 9x13-inch cake pan. Bake at 350 degrees for 20 minutes or until cake tests done. Spread marshmallow creme on hot cake. Chill in refrigerator. Combine 1/2 cup margarine with next 4 ingredients in bowl. Add enough milk to make of desired consistency; mix well. Spread over cake.

Sharon Ratcliff

Peanut Butter Fudge Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 606
Prot 9 g
Carbo 81 g
Fiber 2 g
T Fat 30 g
Chol 29 mg
Sod 331 mg

1 cup margarine
1 cup water
1/4 cup baking cocoa
1/2 cup buttermilk
2 eggs, beaten
2 cups sugar
2 cups flour
1 teaspoon baking powder
1 teaspoon vanilla extract
1 cup peanut butter
1 1/2 tablespoons oil
1/2 cup margarine
1/4 cup baking cocoa
6 tablespoons buttermilk
1 1-pound package confectioners' sugar
1 teaspoon vanilla extract

Bring first 5 ingredients to a boil in saucepan; remove from heat. Add sugar, flour and baking powder; mix well. Stir in 1 teaspoon vanilla. Spoon into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 25 minutes or until cake tests done; cool. Spread with mixture of peanut butter and oil. Bring 1/2 cup margarine, 1/4 cup cocoa and 6 tablespoons buttermilk to a boil in saucepan, stirring constantly; remove from heat. Add confectioners' sugar and 1 teaspoon vanilla; mix well. Spread over cake.

Chris Kauffman

Chocolate Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 546
Prot 4 g
Carbo 79 g
Fiber 2 g
T Fat 25 g
Chol 30 mg
Sod 291 mg

2 cups sugar
2 cups flour
1 cup margarine
1/4 cup baking cocoa
1 cup water
1/2 cup buttermilk
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon vanilla extract
2 eggs, slightly beaten
1/2 cup margarine
1/4 cup baking cocoa
6 tablespoons milk
1 1-pound package confectioners' sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Mix sugar and flour in bowl. Bring 1 cup margarine, 1/4 cup cocoa and water to a boil in saucepan. Pour over flour mixture; mix well. Add buttermilk, soda, cinnamon, 1 teaspoon vanilla and eggs; mix well. Spoon into greased and floured 9x13-inch cake pan. Bake at 400 degrees for 20 minutes. Melt 1/2 cup margarine with 1/4 cup cocoa in saucepan. Add milk, confectioners' sugar, 1 teaspoon vanilla and pecans; mix well. Pour over hot cake.

Charlotte Mooty

Mona Frame substitutes 1/2 cup shortening for half the butter in the cake batter.

Tunnel of Fudge Cake

Yield:
16 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 410
Prot 5 g
Carbo 34 g
Fiber 1 g
T Fat 30 g
Chol 126 mg
Sod 172 mg

1 1/2 cups butter, softened
6 eggs
1 1/2 cups sugar
2 cups flour
1 14-ounce package creamy fudge frosting mix
2 cups chopped pecans

Cream butter in mixer bowl until light. Beat in eggs 1 at a time. Add sugar gradually, beating at high speed until smooth. Stir in flour, dry frosting mix and pecans by hand. Spoon into greased and floured bundt pan. Bake at 350 degrees for 1 hour to 1 hour and 5 minutes or until cake tests done. Cool in pan for 2 hours or longer.

Nutritional information does not include frosting mix.

Wilma Saunders

White Chocolate Cake

Yield:
16 servings
Utensil:
3 cake pans
Approx Per Serving:
Cal 604
Prot 8 g
Carbo 69 g
Fiber 2 g
T Fat 35 g
Chol 160 mg
Sod 364 mg

4 ounces white chocolate, grated
1/2 cup boiling water
1 cup butter, softened
2 cups sugar
4 egg yolks
2 teaspoons vanilla extract
2 1/2 cups cake flour
1 teaspoon soda
1/2 teaspoon salt
1 cup buttermilk
4 egg whites
3 egg yolks
1 1/2 cups evaporated milk
1 1/2 cups sugar
3/4 cup melted butter
6 ounces white chocolate, grated, melted
1/2 cup evaporated milk, heated
1 cup chopped pecans
1 3-ounce can flaked coconut

Melt 4 ounces white chocolate in boiling water in small bowl; cool. Cream 1 cup butter and 2 cups sugar in mixer bowl until light and fluffy. Beat in 4 egg yolks 1 at a time. Add melted white chocolate and vanilla; mix well. Sift flour, soda and salt together. Add to batter alternately with buttermilk, mixing well after each addition. Beat egg whites until stiff peaks form. Fold into batter. Grease and flour three 9-inch cake pans; line bottoms of pans with greased waxed paper. Spoon cake batter into prepared pans. Bake at 300 degrees for 30 minutes or until layers are light brown and test done. Remove to wire rack to cool. Combine 3 egg yolks and 1 1/2 cups evaporated milk in saucepan. Add 1 1/2 cups sugar and 3/4 cup butter. Cook over medium heat for 9 to 10 minutes or until thickened, stirring constantly. Add 6 ounces melted white chocolate; mix well. Stir in 1/2 cup hot evaporated milk. Fold in pecans and coconut. Spread between layers and over top and side of cake.

Pam Bellew

Wacky Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 264
Prot 2 g
Carbo 45 g
Fiber 1 g
T Fat 10 g
Chol 11 mg
Sod 180 mg

1½ cups flour
⅓ cup baking cocoa
1 teaspoon soda
1 cup sugar
½ teaspoon salt
1 teaspoon vinegar
1 teaspoon vanilla extract
⅓ cup oil
1 cup cold water
⅓ cup baking cocoa
⅓ cup strong hot coffee
⅓ cup melted butter
3 cups sifted confectioners' sugar
⅛ teaspoon salt
1 teaspoon vanilla extract

Sift flour, ⅓ cup cocoa, soda, sugar and ½ teaspoon salt into 9x13-inch cake pan. Make 3 wells in mixture with spoon. Pour vinegar into 1 well, 1 teaspoon vanilla into 1 well and oil into 1 well. Pour water over top; stir to mix well. Bake at 325 degrees for 35 minutes. Combine ⅓ cup cocoa with coffee in bowl. Beat at medium speed for 30 seconds. Add butter, confectioners' sugar, ⅛ teaspoon salt and 1 teaspoon vanilla; mix at low speed until smooth. Beat at high speed for 2 minutes or until of spreading consistency. Garnish with chopped nuts.

Sharon Quirk

Self-Filled Cupcakes

Yield:
30 servings
Utensil:
muffin pans
Approx Per Serving:
Cal 179
Prot 2 g
Carbo 20 g
Fiber <1 g
T Fat 10 g
Chol 32 mg
Sod 139 mg

⅓ cup sugar
8 ounces cream cheese, softened
1 egg
⅛ teaspoon salt
6 ounces chocolate chips
1 2-layer package chocolate cake mix

Cream sugar and cream cheese in mixer bowl until light and fluffy. Beat in egg. Add salt and chocolate chips; mix well. Set aside. Prepare cake mix using package directions. Fill 30 paper-lined muffin cups ⅔ full. Drop 2 rounded teaspoonfuls cream cheese mixture into center of each cupcake. Bake according to cake directions for cupcakes. Remove to wire rack to cool.

Wanda Cureton

Coconut Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 462
Prot 5 g
Carbo 66 g
Fiber 2 g
T Fat 21 g
Chol 38 mg
Sod 243 mg

1 2-layer package yellow cake mix
1 4-ounce package vanilla instant pudding mix
1 14-ounce can sweetened condensed milk
16 ounces whipped topping
1 8-ounce package frozen coconut

Prepare cake mix using package directions. Stir in pudding mix. Spoon into greased 9x13-inch cake pan. Bake according to package directions. Cool on wire rack for 15 minutes. Pierce small holes in cake. Pour condensed milk over cake. Top with whipped topping; sprinkle with coconut. Store in refrigerator.

James A. Gates Jr.

Coconut Layer Cake

Yield:
16 servings
Utensil:
3 cake pans
Approx Per Serving:
Cal 310
Prot 3 g
Carbo 47 g
Fiber 2 g
T Fat 13 g
Chol 33 mg
Sod 162 mg

1 2-layer package yellow cake mix
1 cup sour cream
¾ cup sugar
1 8-ounce package frozen coconut

Prepare and bake cake using package directions for 3 cake pans. Remove to wire rack to cool. Combine sour cream and sugar in bowl; mix well. Stir in coconut. Spread between layers and over top of cake. Store in refrigerator.

Sharon Kaercher

Lillie's Wonderful No-Bake Fruitcake

Yield:
20 servings
Utensil:
cake pan
Approx Per Serving:
Cal 292
Prot 3 g
Carbo 46 g
Fiber 2 g
T Fat 12 g
Chol 13 mg
Sod 195 mg

1 16-ounce package graham crackers, crushed
1 8-ounce jar maraschino cherries, chopped
1 cup chopped orange slice candy
1 cup chopped pecans
1/2 cup coconut
1 cup chopped raisins
1 10-ounce package miniature marshmallows
1/2 cup butter
1/4 cup milk

Combine graham cracker crumbs, cherries, candy, pecans, coconut and raisins in bowl; mix well. Melt marshmallows with butter and milk in double boiler, stirring to mix well. Add to fruit mixture; mix well. Pack into round cake pan. Garnish as desired.

Lillie DuVall

Mexican Fruitcake

Yield:
20 servings
Utensil:
cake pan
Approx Per Serving:
Cal 305
Prot 4 g
Carbo 49 g
Fiber 1 g
T Fat 11 g
Chol 34 mg
Sod 160 mg

1 20-ounce can crushed pineapple
2 cups flour
2 teaspoons soda
2 cups sugar
2 eggs
1 teaspoon vanilla extract
1 cup chopped walnuts
2 cups confectioners' sugar
8 ounces cream cheese, softened
5 1/3 tablespoons melted margarine

Combine pineapple, flour, soda, sugar, eggs, vanilla and walnuts in bowl, mixing well with spoon. Spoon into 9x13-inch cake pan greased with margarine. Bake at 350 degrees for 45 minutes. Combine confectioners' sugar, cream cheese and melted margarine in mixer bowl; beat until smooth. Spread on hot cake. Cool on wire rack.

Lois Mann

GINGERBREAD

Yield:
12 servings
Utensil:
cake pan
Approx Per Serving:
Cal 378
Prot 4 g
Carbo 48 g
Fiber 1 g
T Fat 20 g
Chol 53 mg
Sod 180 mg

1 cup oil
1 cup sugar
3 eggs
1 cup sorghum molasses
2 teaspoons soda
2 teaspoons hot water
2 cups flour
2 teaspoons cinnamon
1 teaspoon each ginger and cloves
1 cup boiling water

Combine oil and sugar in mixer bowl; beat until well mixed. Beat in eggs. Add molasses and soda dissolved in 2 teaspoons hot water; mix well. Sift flour with cinnamon, ginger and cloves. Add to batter; mix well. Stir in 1 cup boiling water. Spoon into greased and floured 9x13-inch cake pan. Bake at 325 degrees for 45 to 55 minutes or until gingerbread tests done.

Cleda Swartz

HERMAN DEAN'S FAVORITE CAKE

Yield:
10 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 510
Prot 8 g
Carbo 73 g
Fiber 1 g
T Fat 21 g
Chol 86 mg
Sod 436 mg

1 cup margarine, softened
2 cups sugar
4 eggs
3 cups flour
1/2 teaspoon soda
1 teaspoon baking powder
1/2 teaspoon salt
1 cup peach yogurt
1 teaspoon vanilla extract

Combine margarine, sugar and eggs in mixer bowl; beat until smooth. Sift flour, soda, baking powder and salt together in bowl. Add to batter alternately with yogurt and vanilla, mixing well after each addition. Spoon into greased bundt pan. Bake at 300 degrees for 1 1/2 hours. Cool in pan for 10 minutes. Remove to wire rack to cool completely. Glaze as desired. May substitute other flavors of yogurt for peach.

Lottie Dean

Holiday Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 474
Prot 7 g
Carbo 84 g
Fiber 6 g
T Fat 15 g
Chol 50 mg
Sod 258 mg

3/4 cup butter, softened
1 cup sugar
1 1/2 cups packed brown sugar
2 teaspoons vanilla extract
2 eggs
1 cup shredded carrots
1 15-ounce can cranberry sauce
3/4 cup applesauce
1 1/2 cups all-purpose flour
3 cups whole wheat flour
1 tablespoon soda
1 tablespoon cinnamon
1 1/2 teaspoons allspice
1/2 teaspoon ginger
1 cup chopped walnuts
1 1/2 cups raisins

Cream butter in mixer bowl until light. Add sugar and brown sugar gradually, beating until fluffy. Add vanilla. Beat in eggs 1 at a time. Combine carrots, cranberry sauce and applesauce in bowl; mix well. Mix all-purpose flour, whole wheat flour, soda and spices together in bowl. Add flour mixture to batter alternately with cranberry mixture, mixing well after each addition. Fold in walnuts and raisins. Spoon into greased and floured 10-inch tube pan. Bake at 350 degrees for 1 hour and 20 minutes to 1 hour and 25 minutes or until cake tests done. Cool in pan for 10 minutes. Remove to wire rack to cool completely.

Donna Stephenson

Pineapple Pudding Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 444
Prot 7 g
Carbo 59 g
Fiber 1 g
T Fat 22 g
Chol 55 mg
Sod 385 mg

1 2-layer package yellow cake mix
2 4-ounce packages vanilla pudding and pie filling mix
8 ounces cream cheese, softened
1 20-ounce can crushed pineapple, drained
2 envelopes whipped topping mix
1 cup sliced cherries
1 cup chopped pecans

Prepare and bake cake using package directions for 9x13-inch cake pan. Cool on wire rack. Prepare and cook pudding mix using package directions. Add cream cheese to pudding; beat with fork until smooth. Cool to room temperature. Stir in pineapple. Spoon over cake. Chill until set. Prepare whipped topping mix using package directions. Spread over cake. Top with cherries and pecans. Chill until serving time.

Iva Jean Mayne

Pineapple Cake

Yield:
12 servings
Utensil:
cake pan
Approx Per Serving:
Cal 541
Prot 4 g
Carbo 69 g
Fiber 1 g
T Fat 29 g
Chol 71 mg
Sod 385 mg

1 2-layer package butter-recipe cake mix
1 cup oil
4 eggs, beaten
1 16-ounce can crushed pineapple
1 6-ounce package vanilla instant pudding mix
1 16-ounce can crushed pineapple
8 ounces whipped topping

Combine cake mix, oil, eggs and 1 can undrained pineapple in bowl; mix well with spoon. Spoon into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 30 minutes. Cool on wire rack. Combine pudding mix with 1 can undrained pineapple in small bowl; mix well. Fold in whipped topping. Spread on cake. Store in refrigerator.

Phyllis J. Jarvis

Pineapple and Pecan Cake

Yield:
20 servings
Utensil:
cake pan
Approx Per Serving:
Cal 354
Prot 4 g
Carbo 46 g
Fiber 1 g
T Fat 18 g
Chol 34 mg
Sod 204 mg

2 cups sugar
2 cups flour
2 teaspoons soda
2 eggs, slightly beaten
1 teaspoon vanilla extract
1 20-ounce can juice-pack crushed pineapple
7 ounces chopped pecans
3/4 cup margarine, softened
8 ounces cream cheese, softened
1 cup sugar
1 teaspoon vanilla extract

Combine 2 cups sugar, flour, soda, beaten eggs, 1 teaspoon vanilla, pineapple and pecans in bowl; mix well. Spoon into greased 9x13-inch cake pan. Bake at 350 degrees until cake tests done. Cool on wire rack. Combine 3/4 cup margarine, cream cheese, 1 cup sugar and 1 teaspoon vanilla in mixer bowl; mix until smooth. Spread on cool cake.

Betta Braswell

Italian Cream Cake

Yield:
16 servings
Utensil:
3 cake pans
Approx Per Serving:
Cal 647
Prot 7 g
Carbo 77 g
Fiber 2 g
T Fat 37 g
Chol 83 mg
Sod 397 mg

1/2 cup margarine, softened
1/2 cup shortening
2 cups sugar
5 egg yolks
2 cups flour
1 teaspoon salt
1 cup buttermilk
1 teaspoon soda
1 teaspoon vanilla extract
5 egg whites, stiffly beaten
1 cup chopped pecans
1 3-ounce can flaked coconut
8 ounces cream cheese, softened
1/2 cup margarine, softened
1 1-pound package confectioners' sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Cream 1/2 cup margarine, shortening and sugar in mixer bowl until light and fluffy. Beat in egg yolks 1 at a time. Add flour and salt alternately with mixture of buttermilk and soda, mixing well after each addition. Stir in 1 teaspoon vanilla. Fold in stiffly beaten egg whites. Fold in 1 cup pecans and coconut. Spoon into 3 greased and floured cake pans. Bake at 325 degrees for 30 minutes. Remove to wire rack to cool. Combine cream cheese, 1/2 cup margarine, confectioners' sugar and 1 teaspoon vanilla in bowl; mix until smooth. Add 1 cup pecans; mix well. Spread between layers and over top and side of cake.

Avon Wood

Mary Stone sprinkles the pecans on top of the cake rather than adding them to the frosting.

Fresh Apple Pound Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 412
Prot 4 g
Carbo 48 g
Fiber 2 g
T Fat 23 g
Chol 40 mg
Sod 199 mg

1¼ cups oil
2 cups sugar
3 eggs
2 teaspoons vanilla extract
3 cups flour
1 teaspoon soda
¾ teaspoon cinnamon
1 teaspoon salt
1 cup chopped pecans
3 medium apples, peeled, chopped

Beat oil, sugar and eggs at medium speed in mixer bowl for 3 minutes. Add vanilla. Add mixture of flour, soda, cinnamon and salt; mix well. Fold in pecans and apples. Spoon into greased and floured tube pan. Bake at 325 degrees for 1 hour and 20 minutes or until cake tests done. Remove to wire rack to cool.

Sandra Cleere

Taffy Apple Pound Cake

Yield:
12 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 560
Prot 7 g
Carbo 73 g
Fiber 1 g
T Fat 27 g
Chol 169 mg
Sod 246 mg

16 light caramels
1½ cups butter, softened
4½ cups sifted confectioners' sugar
1 tablespoon vanilla extract
6 eggs
3¼ cups flour
2 teaspoons cinnamon
1 teaspoon allspice
1½ cups chopped peeled apples

Cut each caramel into 8 pieces; set aside. Cream butter, confectioners' sugar and vanilla in large mixer bowl for 3 minutes or until light and fluffy. Beat in eggs 1 at a time. Add flour, cinnamon and allspice gradually, beating at low speed until well mixed. Stir in caramel pieces and apples. Spoon into greased 10-inch bundt pan. Bake at 325 degrees for 1 hour and 25 minutes to 1½ hours or until cake tests done. Cool upright in pan for 15 minutes. Remove to serving plate. Serve warm or cool with ice cream and caramel ice cream topping.

Grace Silas

Cream Cheese Pound Cake

Yield:
24 servings
Utensil:
bundt pan
Approx Per Serving:
Cal 342
Prot 4 g
Carbo 37 g
Fiber <1 g
T Fat 20 g
Chol 105 mg
Sod 175 mg

1 pound butter, softened
8 ounces cream cheese, softened
3 cups sugar
3 cups flour
6 eggs
2 teaspoons vanilla extract

Cream butter and cream cheese in large mixer bowl until light. Add sugar, beating until fluffy. Add 1 cup flour alternately with 2 eggs until both ingredients are used, mixing well after each addition. Mix in vanilla. Spoon into greased and floured bundt pan. Bake at 350 degrees for 1 hour. Remove to wire rack to cool.

Finis K. Jordan

Sour Cream Pound Cake

Yield:
12 servings
Utensil:
tube pan
Approx Per Serving:
Cal 518
Prot 7 g
Carbo 74 g
Fiber 1 g
T Fat 22 g
Chol 114 mg
Sod 234 mg

1 cup margarine, softened
3 cups sugar
6 egg yolks
3 cups flour
1/4 teaspoon soda
Salt to taste
1 cup sour cream
2 teaspoons vanilla extract
6 egg whites, stiffly beaten

Cream margarine and sugar in mixer bowl until light and fluffy. Stir in 1 egg yolk at a time. Sift flour, soda and salt together in bowl. Add to batter 1 tablespoon at a time alternately with sour cream, mixing well after each addition. Add vanilla. Fold in stiffly beaten egg whites. Spoon into greased and floured tube pan. Bake at 300 degrees for 1 1/2 hours. Remove to wire rack to cool.

Jackie Covey

Whipping Cream Pound Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 399
Prot 4 g
Carbo 53 g
Fiber 1 g
T Fat 20 g
Chol 114 mg
Sod 171 mg

1 cup margarine, softened
3 cups sugar
7 eggs, at room temperature
3 cups cake flour, sifted twice
1 cup whipping cream
2 teaspoons vanilla extract

Cream margarine and sugar in mixer bowl until light and fluffy. Beat in eggs 1 at a time. Add flour 1/2 at a time alternately with cream, mixing well after each addition. Add vanilla; mix well. Spoon into buttered and floured 10-inch tube pan. Bake at 350 degrees for 1 hour to 1 hour and 10 minutes or until cake tests done. Cool in pan for 5 minutes. Remove to wire rack to cool completely. May glaze if desired. Store in airtight container.

Janet Crim

Rum Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 361
Prot 3 g
Carbo 42 g
Fiber 0 g
T Fat 18 g
Chol 84 mg
Sod 317 mg

1 2-layer package butter-recipe cake mix
1 envelope whipped topping mix
1/2 cup light rum
1/2 cup butter, softened
4 eggs
1/2 cup water
1/2 cup butter
1 cup sugar
1/4 cup light rum
1/4 cup water

Combine dry cake mix and dry whipped topping mix in bowl. Add 1/2 cup rum, 1/2 cup butter, eggs and 1/2 cup water; mix well. Spoon into greased and floured tube pan. Bake at 350 degrees for 45 minutes. Bring 1/2 cup butter, sugar, 1/4 cup rum and 1/4 cup water to a boil in saucepan, stirring frequently. Cook for 2 to 3 minutes. Pour over hot cake in pan. Let stand until cool. Remove to serving plate.

Joyce Clower

Seven-Up Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 421
Prot 4 g
Carbo 57 g
Fiber 1 g
T Fat 20 g
Chol 67 mg
Sod 158 mg

1 cup margarine, softened
1/2 cup oil
3 cups sugar
5 eggs
1 teaspoon lemon extract
3 cups flour
7 ounces 7-Up

Combine margarine, oil and sugar in mixer bowl; beat until smooth. Beat in eggs 1 at a time. Add lemon extract. Add flour alternately with 7-Up, mixing well after each addition. Spoon into greased and floured tube pan. Bake at 325 degrees for 1½ to 2 hours or until cake pulls from side of pan. Remove to wire rack to cool.

Sharon King

Another Seven-Up Cake

Yield:
16 servings
Utensil:
tube pan
Approx Per Serving:
Cal 412
Prot 5 g
Carbo 57 g
Fiber 1 g
T Fat 19 g
Chol 67 mg
Sod 225 mg

1½ cups margarine, softened
3 cups sugar
5 eggs
3 cups flour
7 ounces (or less) 7-Up
1 teaspoon each vanilla extract and lemon extract

Cream margarine and sugar in mixer bowl until light and fluffy. Beat in eggs 1 at a time. Add flour alternately with 7-Up, mixing well after each addition. Stir in flavorings. Spoon into greased and floured tube pan. Bake at 350 degrees for 1 hour and 10 minutes. Remove to wire rack to cool.

Gladys Binford

Squash Spice Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 496
Prot 4 g
Carbo 81 g
Fiber 2 g
T Fat 19 g
Chol 62 mg
Sod 251 mg

4 eggs
1½ cups sugar
⅔ cup oil
1¾ cups mashed cooked acorn squash
1¾ cups flour
2 teaspoons baking powder
1 teaspoon soda
¾ teaspoon salt
1 teaspoon cinnamon
½ teaspoon each cloves and nutmeg
¾ cup chopped pecans
1½ cups packed brown sugar
½ cup milk
2 tablespoons butter
Salt to taste
3 cups confectioners' sugar
⅓ cup chopped pecans

Beat eggs in large mixer bowl. Add sugar, oil and squash; mix well. Sift flour, baking powder, soda, ¾ teaspoon salt, cinnamon, cloves and nutmeg into bowl. Add ¾ cup pecans. Add to squash mixture gradually, mixing well after each addition. Spoon into greased 9x13-inch cake pan. Bake at 350 degrees for 25 to 30 minutes or until cake tests done. Cool on wire rack. Combine brown sugar, milk, butter and salt to taste in saucepan. Bring to a boil over low heat. Cook for 1 minute. Pour into mixer bowl. Add confectioners' sugar gradually, beating until of spreading consistency. Stir in ⅓ cup pecans. Spread on cake.

Billie Terrell

Strawberry Daiquiri Cake

Yield:
15 servings
Utensil:
cake pan
Approx Per Serving:
Cal 280
Prot 4 g
Carbo 48 g
Fiber 1 g
T Fat 9 g
Chol 38 mg
Sod 160 mg

1 2-layer package yellow cake mix
1 14-ounce can sweetened condensed milk
1 6-ounce can strawberry daiquiri mix
1 10-ounce package frozen strawberries, thawed, crushed

Prepare and bake cake mix using package directions for 9x13-inch cake pan. Punch large holes in hot cake with handle of wooden spoon. Combine condensed milk, daiquiri mix and strawberries in bowl; mix well. Drizzle over cake. Chill overnight. Garnish with whipped topping and fresh strawberry fans.

Nutritional information does not include daiquiri mix.

Mae Ryon

Cherry Mash Candy

Yield:
16 servings
Utensil:
bowl
Approx Per Serving:
Cal 394
Prot 6 g
Carbo 58 g
Fiber 2 g
T Fat 19 g
Chol 12 mg
Sod 105 mg

1 14-ounce package strawberry frosting mix
1 1-pound package confectioners' sugar
1/2 14-ounce can sweetened condensed milk
1 1/2 teaspoons vanilla extract
4 ounces maraschino cherries, drained, chopped
1/4 cup butter, softened
2 cups chocolate chips
1/2 square paraffin
8 ounces salted peanuts, chopped

Combine dry frosting mix, confectioners' sugar, condensed milk, vanilla, cherries and butter in bowl; mix well. Shape into patties or balls. Melt chocolate chips with paraffin in saucepan, mixing well. Dip balls into chocolate; roll in peanuts, coating well. Chill in refrigerator.

Nutritional information does not include frosting mix.

Patsy Gray

Date Loaf Candy

Yield:
24 servings
Utensil:
saucepan
Approx Per Serving:
Cal 166
Prot 1 g
Carbo 33 g
Fiber 1 g
T Fat 4 g
Chol 3 mg
Sod 9 mg

3 cups sugar
1 cup milk
1 tablespoon butter
8 ounces dates, chopped
1 cup chopped pecans
1 teaspoon vanilla extract

Combine sugar, milk and butter in saucepan. Cook to 250 to 268 degrees on candy thermometer, hard-ball stage. Stir in dates; remove from heat. Beat until smooth and creamy. Add pecans and vanilla. Cool to room temperature. Spoon onto damp cheesecloth. Shape into roll. Chill in refrigerator. Slice to serve.

Tina Abernathy

No-Bake Fudge

Yield:
9 servings
Utensil:
dish
Approx Per Serving:
Cal 402
Prot 11 g
Carbo 63 g
Fiber 2 g
T Fat 15 g
Chol 2 mg
Sod 181 mg

1 cup chunky peanut butter
1¼ cups nonfat dry milk powder
1¼ cups confectioners' sugar
1¼ cups white corn syrup

Combine peanut butter, dry milk powder, confectioners' sugar and corn syrup in bowl; mix well. Press into 9x12-inch dish. Chill for 4 hours.

Stella Eachus

Out of the World Candy

Yield:
50 servings
Utensil:
bowl
Approx Per Serving:
Cal 230
Prot 5 g
Carbo 33 g
Fiber 1 g
T Fat 12 g
Chol 13 mg
Sod 54 mg

1 cup melted butter
1 14-ounce can sweetened condensed milk
2 1-pound packages confectioners' sugar
8 ounces coconut
2 cups chopped pecans
2 cups chocolate chips
1 square paraffin

Pour butter and condensed milk over confectioners' sugar in bowl; mix well. Add coconut and pecans; mix well. Chill until firm. Melt chocolate chips with paraffin in double boiler, mixing well; keep hot. Shape coconut mixture into balls. Dip into chocolate, coating well. Chill on waxed paper.

Elizabeth and Donna Swink

Pralines

Yield:
16 servings
Utensil:
saucepan
Approx Per Serving:
Cal 256
Prot 1 g
Carbo 24 g
Fiber 1 g
T Fat 19 g
Chol 26 mg
Sod 57 mg

1 cup confectioners' sugar
1 cup packed light brown sugar
1/2 cup butter
1/2 cup cream
2 cups (heaping) pecan halves

Combine confectioners' sugar, brown sugar, butter and cream in saucepan. Cook to 234 to 240 degrees on candy thermometer, soft-ball stage; remove from heat. Stir in pecans. Drop on waxed paper, allowing 3 pecan halves per praline. Let stand until firm.

Birdie R. Ringle

Cajun Pecans

Yield:
8 servings
Utensil:
baking sheet
Approx Per Serving:
Cal 356
Prot 3 g
Carbo 45 g
Fiber 2 g
T Fat 20 g
Chol 0 mg
Sod 31 mg

2 egg whites
1 1/2 cups packed brown sugar
1 teaspoon maple extract
2 cups pecan halves

Beat egg whites at high speed in mixer bowl until fluffy. Add brown sugar and maple extract; mix well. Fold in pecans gently. Spread on baking sheet, separating pecans. Bake at 350 degrees for 30 minutes. Cool completely. Break into pieces. Pack in airtight tins for holiday gifts.

Jean Williams

Sugared Rum Pecans

Yield:
4 servings
Utensil:
cast-iron skillet
Approx Per Serving:
Cal 391
Prot 2 g
Carbo 55 g
Fiber 2 g
T Fat 20 g
Chol 0 mg
Sod 2 mg

1 cup sugar
1/2 cup water
1/2 teaspoon rum extract
1 cup pecans

Bring sugar, water and rum extract to a boil in cast-iron skillet. Add pecans. Cook until moisture is absorbed. Bake at 200 degrees for 30 minutes.

Cindy Tawater

Chocolate Balls

Yield:
40 servings
Utensil:
large bowl
Approx Per Serving:
Cal 296
Prot 15 g
Carbo 21 g
Fiber 1 g
T Fat 13 g
Chol 34 mg
Sod 209 mg

2 1/2 cups butter, softened
2 cups peanut butter
1 1-pound package confectioners' sugar, sifted
3 1/2 cups crisp rice cereal
1 pound (about) chocolate almond bark

Cream butter and peanut butter in large bowl. Add confectioners' sugar 1 cup at a time, mixing well after each addition. Add rice cereal 1 cup at a time, mixing well after each addition. Mix with hands if necessary. Shape into small balls; place on tray. Chill until firm. Melt chocolate in double boiler. Dip peanut butter balls in chocolate to coat; place on tray. Chill until firm. May store in freezer for later use.

Opal Sudduth

Beautiful Brownies

Yield:
12 servings
Utensil:
baking pan
Approx Per Serving:
Cal 445
Prot 5 g
Carbo 46 g
Fiber 2 g
T Fat 29 g
Chol 112 mg
Sod 153 mg

1 cup butter
4 ounces chocolate
2 cups sugar
2 teaspoons vanilla extract
1 teaspoon almond extract
4 eggs
1 cup flour
1 cup chopped pecans

Combine butter, chocolate and sugar in saucepan over low heat. Heat until melted and well blended, stirring constantly; remove from heat. Blend in flavorings. Add eggs 1 at a time, mixing well after each addition. Add flour; mix well. Stir in pecans. Pour into greased and floured 9x13-inch baking pan. Bake at 350 degrees for 30 minutes. Cool. Cut into squares.

Madonna Goodnight

Fudge Marshmallow Brownies

Yield:
35 servings
Utensil:
baking pan
Approx Per Serving:
Cal 219
Prot 2 g
Carbo 29 g
Fiber 1 g
T Fat 12 g
Chol 24 mg
Sod 112 mg

1 cup margarine
1/3 cup baking cocoa
1 1/2 cups sifted flour
1/8 teaspoon salt
4 eggs
2 cups sugar
1 1/2 cups chopped pecans
3 cups miniature marshmallows
2 ounces unsweetened chocolate
1/4 cup margarine
2 1/4 cups confectioners' sugar
1/4 cup hot water
1 teaspoon vanilla extract
1/4 teaspoon salt

Combine 1 cup margarine and cocoa in saucepan over low heat. Heat until margarine melts and mixture is smooth, stirring constantly; remove from heat. Sift flour and salt together; set aside. Beat eggs with sugar in mixer bowl at medium speed until well blended. Add flour alternately with chocolate mixture, beating at low speed after each addition. Stir in pecans. Pour into greased 10x15-inch baking pan. Bake at 350 degrees for 20 minutes. Sprinkle with marshmallows. Bake for 2 minutes longer. Melt chocolate and 1/4 cup margarine in saucepan over low heat; remove from heat. Add confectioners' sugar, water, vanilla and salt; beat until smooth and thickened. Spread over brownies. Cool. Cut into squares.

Clara A. Jones

Turtle Brownies

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 191
Prot 2 g
Carbo 24 g
Fiber <1 g
T Fat 10 g
Chol 2 mg
Sod 162 mg

1 2-layer package German chocolate cake mix
3/4 cup margarine, softened
1 5-ounce can evaporated milk
1 14-ounce package caramels
1 cup chocolate chips
1 cup chopped pecans

Combine dry cake mix, margarine and half the evaporated milk in bowl; mix well. Spread half the mixture in greased 9x13-inch baking pan. Bake at 350 degrees for 6 to 8 minutes. Combine caramels and remaining evaporated milk in glass bowl. Microwave until caramels melt; blend well. Layer chocolate chips, pecans and caramel mixture over baked layer. Top with remaining cake mix mixture. Bake for 15 to 20 minutes longer or until brownies pull from side of pan. Cool. Cut into squares.

Ellen McKay

Chocolate Toffee Crescent Bars

Yield:
48 servings
Utensil:
baking pan
Approx Per Serving:
Cal 110
Prot 1 g
Carbo 9 g
Fiber <1 g
T Fat 8 g
Chol 0 mg
Sod 86 mg

1 8-count can crescent rolls
1 cup packed brown sugar
1 cup margarine
1 1/2 cups chopped pecans
1 cup chocolate chips

Separate roll dough into rectangles. Press over bottom of 10x15-inch baking pan; press perforations and edges to seal. Combine brown sugar and margarine in small saucepan. Bring to a boil, stirring constantly. Boil for 1 minute. Pour over dough. Sprinkle with pecans. Bake at 375 degrees for 14 to 18 minutes or until golden brown. Sprinkle with chocolate chips. Let stand for 2 minutes to allow some of the chips to melt; swirl melted and unmelted chocolate over top. Cool. Cut into bars.

Louise Zimmerman

Bea's Congo Bars

Yield:
16 servings
Utensil:
baking pan
Approx Per Serving:
Cal 269
Prot 2 g
Carbo 39 g
Fiber 1 g
T Fat 13 g
Chol 27 mg
Sod 119 mg

1/2 cup margarine, softened
1 cup sugar
2 egg yolks
1 1/2 teaspoons vanilla extract
1 cup flour
1 teaspoon baking powder
1/8 teaspoon salt
1 cup semisweet chocolate chips
1/2 cup chopped pecans
2 egg whites
1 cup packed brown sugar

Cream margarine and sugar in bowl. Blend in egg yolks and vanilla. Sift in flour, baking powder and salt; mix well. Stir in chocolate chips and pecans. Spread in buttered 8x8-inch baking pan. Beat egg whites in mixer bowl until stiff peaks form. Beat in brown sugar. Spread over batter. Bake at 350 degrees for 30 to 35 minutes or until golden brown. Cool. Cut into bars.

Bea Clary Davidson

Delicious Chocolate Cookies

Yield:
12 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 369
Prot 5 g
Carbo 43 g
Fiber 2 g
T Fat 22 g
Chol 11 mg
Sod 113 mg

2 cups chocolate chips
1 14-ounce can sweetened condensed milk
1/4 cup margarine
1 teaspoon vanilla extract
1 cup flour, sifted
1/8 teaspoon salt
3/4 cup chopped pecans

Combine chocolate chips, condensed milk and margarine in double boiler. Heat over hot water until smooth, stirring occasionally; remove from heat. Add vanilla, flour and salt; mix well. Stir in pecans. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 degrees for 9 minutes; do not overbake. Cool on wire rack.

Marie Goodfellow

Fudge Bars

Yield:
60 servings
Utensil:
baking pan
Approx Per Serving:
Cal 146
Prot 2 g
Carbo 21 g
Fiber 1 g
T Fat 7 g
Chol 9 mg
Sod 114 mg

1 cup margarine, softened
2 cups packed brown sugar
2 eggs
2 teaspoons vanilla extract
2½ cups flour
1 teaspoon baking powder
1 teaspoon salt
3 cups oats
2 cups chocolate chips
1 14-ounce can sweetened condensed milk
2 tablespoons margarine
½ teaspoon salt
2 teaspoons vanilla extract

Cream 1 cup margarine and brown sugar in mixer bowl. Beat in eggs and 2 teaspoons vanilla. Sift in flour, baking powder and 1 teaspoon salt; mix well. Add oats; mix well. Spread ⅔ of the mixture in greased 10x15-inch baking pan. Heat chocolate chips and condensed milk in saucepan over low heat until blended, stirring frequently. Blend in remaining ingredients. Spread over oat mixture. Dot remaining oat mixture over top; swirl together. Bake at 350 degrees for 25 minutes. Cool. Cut into bars.

Jeanette Burks (Mrs. Roy)

Raspberry Chocolate Supremes

Yield:
25 servings
Utensil:
baking pan
Approx Per Serving:
Cal 136
Prot 1 g
Carbo 15 g
Fiber <1 g
T Fat 9 g
Chol 4 mg
Sod 55 mg

1 cup flour
¼ cup confectioners' sugar
½ cup margarine
½ cup raspberry jam
3 ounces cream cheese, softened
2 tablespoons milk
1 cup vanilla chips, melted
2 ounces semisweet chocolate, cut into pieces
1 tablespoon shortening

Combine flour and confectioners' sugar in bowl. Cut in margarine until crumbly. Press into ungreased 9x9-inch baking pan. Bake at 375 degrees for 15 to 17 minutes or until light brown. Spread evenly with jam. Beat cream cheese with milk in mixer bowl. Add melted vanilla chips; mix well. Drop by teaspoonfuls over jam; spread evenly to cover. Chill until set. Melt chocolate and shortening in small saucepan over low heat, stirring constantly. Spread over top. Cool. Cut into bars. Store in refrigerator.

Frances Miller

English Cherubs

Yield:
30 servings
Utensil:
baking pan
Approx Per Serving:
Cal 122
Prot 2 g
Carbo 16 g
Fiber 1 g
T Fat 6 g
Chol 23 mg
Sod 65 mg

1 cup packed brown sugar
1/2 cup butter, softened
1 1/3 cups flour
1/8 teaspoon salt
2 eggs
1/2 cup sugar
1 teaspoon vanilla extract
1/4 teaspoon salt
1/2 cup coconut
1 cup chopped walnuts

Cream brown sugar and butter in bowl. Add flour and 1/8 teaspoon salt; mix well. Press into greased 9x9-inch baking pan. Beat eggs in bowl until foamy. Add sugar, vanilla and 1/4 teaspoon salt; mix well. Stir in coconut and walnuts. Spread in prepared pan. Bake at 350 degrees for 30 minutes. Cool. Cut into small squares.

Barbara Lewis

Florentine Cookies

Yield:
24 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 199
Prot 2 g
Carbo 26 g
Fiber 1 g
T Fat 11 g
Chol 14 mg
Sod 70 mg

2/3 cup butter
2 cups oats
1 cup sugar
2/3 cup flour
1/4 cup corn syrup
1/4 cup milk
1 teaspoon vanilla extract
1/4 teaspoon salt
2 cups milk chocolate chips

Melt butter in saucepan; remove from heat. Add oats, sugar, flour, corn syrup, milk, vanilla and salt; mix well. Drop by teaspoonfuls 3 inches apart onto foil-lined cookie sheet. Flatten with rubber spatula. Bake at 375 degrees for 5 to 7 minutes or until golden brown. Cool and peel off foil. Melt chocolate chips over hot but not boiling water, stirring until smooth. Spread over smooth side of half the cookies; top with remaining cookies. May remove hot cookies from cookie sheet and place over small inverted custard cups. Let cool and use as dessert shells for ice cream, sautéed apples or other filling.

Pat Hardy (Mrs. W. J.)

Forgotten Cookies

Yield:
24 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 87
Prot 1 g
Carbo 13 g
Fiber <1 g
T Fat 4 g
Chol 0 mg
Sod 19 mg

3 egg whites
1/8 teaspoon salt
1 cup sugar
1/2 cup chopped pecans
1 cup miniature chocolate chips

Beat egg whites with salt in mixer bowl until stiff peaks form. Add sugar gradually, beating constantly. Fold in pecans and miniature chocolate chips. Drop by spoonfuls onto foil-lined cookie sheet. Place in preheated 325-degree oven. Turn oven off. Let stand in closed oven for 8 hours to overnight.

Barbara Everitt

Gooey Butter Cake Cookie Squares

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 383
Prot 4 g
Carbo 61 g
Fiber 0 g
T Fat 14 g
Chol 55 mg
Sod 318 mg

1 2-layer package yellow cake mix
1 tablespoon water
1 egg
1/2 cup margarine, softened
8 ounces cream cheese, softened
1 1-pound package confectioners' sugar
2 eggs

Combine cake mix, water, egg and margarine in bowl; mix well. Pat into greased and floured 9x13-inch or 10x15-inch baking pan. Combine cream cheese, confectioners' sugar and eggs in mixer bowl; beat until smooth. Pour over cake mix layer. Bake at 350 degrees until set and light golden brown. Cool for several minutes. Cut into squares.

Virginia Bowers

Sunburst Lemon Bars

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 132
Prot 2 g
Carbo 19 g
Fiber <1 g
T Fat 6 g
Chol 24 mg
Sod 77 mg

2 cups flour
1/2 cup confectioners' sugar
1 cup margarine, softened
4 eggs, slightly beaten
2 cups sugar
1/4 cup flour
1 teaspoon baking powder
1/4 cup freshly squeezed lemon juice

Combine 2 cups flour, confectioners' sugar and margarine in mixer bowl; beat at low speed until crumbly. Press over bottom of ungreased 9x13-inch baking pan. Bake at 350 degrees for 15 minutes or until light brown. Combine eggs, sugar, 1/4 cup flour and baking powder in bowl; mix well. Stir in lemon juice. Pour over warm baked layer. Bake for 25 to 30 minutes or until light golden brown. Cool completely. Garnish with sprinkle of confectioners' sugar. Cut into bars.

Diane Witulski

Easy Cheesy Lemon Bars

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 112
Prot 2 g
Carbo 12 g
Fiber 0 g
T Fat 6 g
Chol 32 mg
Sod 133 mg

1 2-layer package lemon cake mix
1/2 cup butter, melted
1 egg
1 14-ounce package lemon frosting mix
8 ounce cream cheese, softened
2 eggs

Combine cake mix, butter and 1 egg in bowl; mix with fork until moistened. Pat into 9x13-inch baking pan greased on bottom only. Combine frosting mix and cream cheese in mixer bowl; beat until blended. Reserve 1/2 cup mixture. Add 2 eggs to remaining mixture. Beat for 3 to 5 minutes. Spread over cake mix layer. Bake at 350 degrees for 30 to 40 minutes or until set and light golden brown. Cool. Spread with reserved frosting. Cut into bars. May substitute pineapple cake mix for lemon.

Nutritional information does not include frosting mix.

Nola Doyal

Easy Coconut Macaroons

Yield:
96 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 18
Prot <1 g
Carbo 2 g
Fiber <1 g
T Fat 1 g
Chol 1 mg
Sod 9 mg

2/3 cup sweetened condensed milk
3 cups shredded coconut
1 teaspoon vanilla extract

Combine condensed milk, coconut and vanilla in bowl; mix well. Drop by teaspoonfuls 1 inch apart onto greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes or until delicately browned. Remove macaroons from cookie sheet immediately.

Patsy Gray

Neiman Marcus Cream Cheese Brownies

Yield:
36 servings
Utensil:
baking pan
Approx Per Serving:
Cal 172
Prot 2 g
Carbo 27 g
Fiber 0 g
T Fat 7 g
Chol 37 mg
Sod 135 mg

1 2-layer package yellow cake mix
1/2 cup butter, softened
4 eggs
1 1-pound package confectioners' sugar
8 ounces cream cheese, softened

Combine cake mix, butter and 2 eggs in bowl; mix well. Press into greased 9x13-inch baking pan. Combine remaining 2 eggs, confectioners' sugar and cream cheese in mixer bowl; beat until smooth. Spread over cake mix layer. Bake at 350 degrees for 30 to 40 minutes or until set and golden brown. Cool. Cut into squares.

Linda Jariski

Coconut Oatmeal Cookies

Yield:
36 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 182
Prot 2 g
Carbo 24 g
Fiber 1 g
T Fat 9 g
Chol 12 mg
Sod 120 mg

1 cup margarine, softened
1 cup sugar
1 cup packed brown sugar
2 eggs
2 teaspoons vanilla extract
2 cups flour
1 teaspoon soda
1/2 teaspoon salt
1 cup toasted coconut
2 cups oats
1/2 cup pecans
1 cup chocolate chips

Cream margarine, sugar and brown sugar in bowl. Mix in eggs and vanilla. Add mixture of flour, soda and salt; mix well. Stir in coconut, oats, pecans and chocolate chips. Drop by spoonfuls onto greased cookie sheet. Bake at 350 degrees for 10 minutes or until brown. Cool on wire rack. May substitute chopped dates for chocolate chips.

Barbara Throckmorton

Oatmeal Cookies

Yield:
24 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 234
Prot 3 g
Carbo 29 g
Fiber 1 g
T Fat 13 g
Chol 18 mg
Sod 148 mg

1 cup shortening
2 cups sugar
1 teaspoon vanilla extract
2 tablespoons molasses
2 eggs
2 cups flour
1 1/2 teaspoons soda
1 teaspoon salt
2 teaspoons cinnamon
1 cup oats
1 cup pecans

Cream shortening, sugar, vanilla, molasses and eggs in bowl. Add mixture of flour, soda, salt and cinnamon; mix well. Stir in oats and pecans. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 degrees for 10 to 12 minutes or until golden brown. Cool on wire rack.

Diane Moore.

My Favorite Peanut Butter Cookies

Yield:
12 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 199
Prot 7 g
Carbo 20 g
Fiber 1 g
T Fat 12 g
Chol 18 mg
Sod 93 mg

1 cup creamy peanut butter
1 cup sugar
1 egg
1 teaspoon vanilla extract

Combine peanut butter, sugar, egg and vanilla in bowl; mix well. Drop by spoonfuls onto cookie sheet; flatten in crisscross pattern with fork dipped into sugar. Bake at 425 degrees for 12 minutes. Cool on cookie sheet for 1 to 2 minutes. Remove to wire rack to cool completely. Yes, there is no flour required!

Kurt Payne

Easy Peanut Butter Cookies

Yield:
60 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 66
Prot 2 g
Carbo 7 g
Fiber <1 g
T Fat 3 g
Chol 6 mg
Sod 80 mg

1 14-ounce can sweetened condensed milk
1 egg
3/4 to 1 cup peanut butter
1 teaspoon vanilla extract
2 cups baking mix

Combine condensed milk, egg, desired amount of peanut butter and vanilla in mixer bowl; beat until smooth. Add baking mix; mix well. Chill for 1 hour or longer. Shape into 1-inch balls; place 2 inches apart on ungreased cookie sheet. Flatten with fork in crisscross pattern. Bake at 350 degrees for 6 to 8 minutes or until light brown; do not overbake. Cool on wire rack. Store in tightly covered container at room temperature.

G. G. Strickland

Peanut Butter Fingers

Yield:
66 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 100
Prot 3 g
Carbo 5 g
Fiber 1 g
T Fat 8 g
Chol 0 mg
Sod 71 mg

1 1-pound loaf sliced white sandwich bread
1/2 cup finely chopped peanuts
2 cups creamy peanut butter
1 cup oil

Allow bread to dry until firm. Trim crusts from bread; reserve for crumbs. Cut bread into 3/4-inch sticks. Place breadsticks and trimmed crusts on cookie sheet. Toast at 250 degrees for 1 1/4 hours or until crisp and brown. Cool. Crumble crusts and 2 breadsticks into fine crumbs. Combine crumbs with peanuts in shallow dish; mix well. Blend peanut butter and oil in bowl. Dip breadsticks into peanut butter mixture; roll in crumb mixture to coat. Place on waxed paper. Let stand until dry.

Grace Braucher

Old-Fashioned Sugar Cookies

Yield:
24 servings
Utensil:
cookie sheet
Approx Per Serving:
Cal 144
Prot 2 g
Carbo 17 g
Fiber <1 g
T Fat 8 g
Chol 9 mg
Sod 120 mg

1 cup margarine, softened
1 cup sugar
1 egg
1 teaspoon almond extract
1/2 teaspoon vanilla extract
2 1/3 cups unsifted flour
2 teaspoons baking powder

Cream margarine and 1 cup sugar in bowl. Beat in egg and flavorings. Sift in flour and baking powder; mix well. Chill, tightly covered, for 2 hours. Roll 1/8 inch thick on lightly floured surface; cut with 2 1/2-inch round cookie cutter. Place on greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes or until light golden brown. Remove to wire rack. Sprinkle warm cookies with additional sugar.

Jay Showalter

Caramel Apple Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 550
Prot 5 g
Carbo 75 g
Fiber 3 g
T Fat 27 g
Chol <1 mg
Sod 334 mg

1½ cups flour
½ teaspoon salt
½ cup butter-flavored shortening
4 to 5 tablespoons cold water
¾ cup sugar
3 tablespoons flour
¼ teaspoon salt
½ teaspoon cinnamon
3½ cups sliced Granny Smith apples
⅓ cup sugar
¾ cup flour
6 tablespoons margarine
⅓ cup chopped pecans
4 ounces caramels
2 tablespoons water

Mix 1½ cups flour and ½ teaspoon salt in bowl. Cut in shortening until crumbly. Sprinkle with 4 to 5 tablespoons water, mixing with fork. Roll ⅛ inch thick on floured surface. Fit into 9-inch pie plate; trim and flute edge. Combine ¾ cup sugar and next 3 ingredients in bowl. Add apples; toss to coat well. Spoon into pie shell. Mix ⅓ cup sugar and ¾ cup flour in bowl. Cut in margarine until crumbly. Add pecans. Sprinkle over apples. Bake at 400 degrees for 10 minutes. Melt caramels in 2 tablespoons water in double boiler, stirring until smooth. Pour over pie. Bake for 10 minutes longer. This pie won fruit pie First Place in the 1990 Texas State Fair.

Sherry Price

Tincy's Fried Apricot Pies

Yield:
20 servings
Utensil:
deep saucepan
Approx Per Serving:
Cal 730
Prot 6 g
Carbo 123 g
Fiber 2 g
T Fat 25 g
Chol 0 mg
Sod 405 mg

16 ounces dried apricots
3 cups sugar
½ cup flour
½ cup margarine
3 cups flour
1 teaspoon salt
½ cup shortening
Corn oil for frying

Cook apricots in water to cover in saucepan until tender; drain. Mix sugar and ½ cup flour in bowl. Add enough water to form a thick paste. Stir into apricots with margarine. Cook for 5 to 10 minutes or to desired consistency. Chill overnight. Combine 3 cups flour and salt in bowl. Cut in shortening until crumbly. Add enough water gradually to form ball. Roll on floured surface. Cut into circles. Spoon filling onto circles. Fold dough over; seal edges with fork. Fry in corn oil in skillet; drain.

Nutritional information does not include corn oil for frying.

M. Frances Rogers

Banana Cream Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 303
Prot 6 g
Carbo 46 g
Fiber 1 g
T Fat 11 g
Chol 86 mg
Sod 183 mg

1 cup sugar
3 tablespoons flour
3 eggs
1½ cups milk
Salt to taste
1 teaspoon vanilla extract
2 bananas, chopped
1 baked 9-inch pie shell

Combine sugar, flour and eggs in saucepan. Stir in milk, salt and vanilla. Cook until thickened, stirring constantly. Cool to room temperature. Stir in bananas. Spoon into pie shell. Garnish with whipped cream.

Lois Baren

Banana Cream Cheese Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 401
Prot 8 g
Carbo 45 g
Fiber 1 g
T Fat 22 g
Chol 48 mg
Sod 285 mg

8 ounces cream cheese, softened
1 14-ounce can sweetened condensed milk
⅓ cup lemon juice
1 teaspoon vanilla extract
2 medium bananas, sliced
1 tablespoon lemon juice
1 baked 9-inch pie shell

Beat cream cheese in mixer bowl until light. Add condensed milk, beating until smooth. Add ⅓ cup lemon juice and vanilla; mix well. Brush banana slices with 1 tablespoon lemon juice. Arrange in pie shell. Spoon cream cheese mixture over bananas. Chill, covered, for 3 hours or until firm.

Shirley Stephens

Bean Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 578
Prot 10 g
Carbo 92 g
Fiber 7 g
T Fat 22 g
Chol 163 mg
Sod 137 mg

1 cup sugar
1 cup corn syrup
1/4 cup butter
4 eggs, beaten
1 cup mashed pinto beans
1 teaspoon nut flavoring
3/4 cup chopped pecans
1 baked 9-inch pie shell

Combine sugar, corn syrup and butter in bowl. Add eggs and beans; mix well. Stir in flavoring and pecans. Spoon into pie shell. Bake at 350 degrees until edge of crust begins to brown. Reduce temperature to 325 degrees. Bake until set.

Martha Davis

Moma's Black Bottom Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 582
Prot 9 g
Carbo 56 g
Fiber 1 g
T Fat 37 g
Chol 194 mg
Sod 416 mg

1 8-ounce package chocolate wafers, crushed
1/3 cup melted butter
1 tablespoon unflavored gelatin
1/4 cup cold water
3 egg yolks
1/2 cup sugar
1/4 teaspoon salt
1 cup milk
1 teaspoon vanilla extract
3 egg whites
2 tablespoons sugar
1 cup whipping cream
2 tablespoons sugar

Reserve 1/4 cup cookie crumbs for topping. Combine remaining crumbs with butter in bowl; mix well. Press into pie plate. Bake at 350 degrees for 10 minutes. Chill in refrigerator. Soften gelatin in cold water in small bowl. Beat egg yolks with 1/2 cup sugar and salt in double boiler. Stir in milk gradually. Cook over hot water until mixture coats spoon, stirring constantly. Add gelatin; stir until gelatin dissolves. Cool to room temperature. Stir in vanilla. Beat eggs whites with 2 tablespoons sugar until stiff peaks form. Whip cream with 2 tablespoons sugar in mixer bowl until soft peaks form. Fold egg whites and whipped cream gently into custard. Spoon into pie shell. Sprinkle with reserved cookie crumbs. Chill or freeze until serving time. Place frozen pie in refrigerator for several hours before serving.

Jim Acker

Cherry Cream Cheese Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 714
Prot 11 g
Carbo 97 g
Fiber 2 g
T Fat 34 g
Chol 64 mg
Sod 544 mg

8 ounces cream cheese, softened
1 14-ounce can sweetened condensed milk
1/3 cup lemon juice
1 teaspoon vanilla extract
1 graham cracker pie shell
1 21-ounce can cherry pie filling

Beat cream cheese in mixer bowl until light. Add condensed milk gradually, beating until smooth. Stir in lemon juice and vanilla. Spoon into pie shell. Chill for 3 hours or until firm. Top with pie filling.

Ercell Jefferson

Chocolate Pies

Yield:
12 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 648
Prot 9 g
Carbo 94 g
Fiber 1 g
T Fat 28 g
Chol 74 mg
Sod 368 mg

4 ounces semisweet chocolate
1/2 cup margarine
4 cups sugar
1/4 cup flour
3 eggs
1 teaspoon vanilla extract
2 15-ounce cans evaporated milk
2 baked 8-inch pie shells

Melt chocolate and margarine in double boiler, stirring to mix well. Add sugar, flour, eggs, vanilla and evaporated milk; mix well. Cook until mixture thickens, beating constantly with mixer. Spoon into pie shells. Chill until serving time. Garnish with whipped topping.

June Everitt

Chocolate Chess Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 421
Prot 5 g
Carbo 55 g
Fiber 1 g
T Fat 22 g
Chol 111 mg
Sod 270 mg

3 tablespoons baking cocoa
1 cup sugar
3 tablespoons cornmeal
2 tablespoons flour
3 eggs, beaten
1/2 cup melted butter
1/2 cup light corn syrup
1 teaspoon vanilla extract
1 unbaked 9-inch pie shell

Mix cocoa, sugar, cornmeal and flour in bowl; set aside. Combine eggs, butter, corn syrup and vanilla in bowl; mix well. Pour into dry ingredients; mix until smooth. Spoon into pie shell. Bake at 325 degrees until set.

Mary D. Pearson

Coconut Caramel Pies

Yield:
16 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 507
Prot 6 g
Carbo 53 g
Fiber 2 g
T Fat 31 g
Chol 32 mg
Sod 339 mg

1/4 cup butter
1 7-ounce package coconut
1/2 cup chopped pecans
1 14-ounce can sweetened condensed milk
8 ounces cream cheese, softened
16 ounces whipped topping
1 12-ounce jar caramel ice cream topping
2 baked 9-inch pie shells

Melt butter in large skillet. Stir in coconut and pecans. Cook until golden brown, stirring frequently. Set aside. Combine condensed milk and cream cheese in mixer bowl; beat until smooth. Fold in whipped topping. Layer cream cheese mixture, ice cream topping and coconut mixture 1/2 at a time in pie shells. Freeze, covered, until firm. Let stand at room temperature for 5 minutes before serving.

Helen Tomlin

Four-Layer Coconut Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 780
Prot 9 g
Carbo 74 g
Fiber 3 g
T Fat 52 g
Chol 43 mg
Sod 415 mg

1 cup flour
2 tablespoons confectioners' sugar
1/2 cup finely chopped pecans
1/2 cup melted margarine
8 ounces cream cheese, softened
1 cup confectioners' sugar
16 ounces whipped topping
2 4-ounce packages coconut cream instant pudding mix
3 cups cold milk
1 cup flaked coconut
1/2 cup chopped pecans

Combine first 4 ingredients in bowl; mix well. Press into pie plate. Bake at 350 degrees for 25 to 30 minutes or until brown. Cool to room temperature. Beat cream cheese, 1 cup confectioners' sugar and 1 cup whipped topping in mixer bowl until smooth. Spread in pie shell. Combine pudding mix and milk in bowl; mix until smooth and thickened. Spread over cream cheese layer. Top with remaining whipped topping, coconut and 1/2 cup pecans. Chill until serving time.

Cathy Teer

Eggnog Chiffon Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 310
Prot 15 g
Carbo 31 g
Fiber 2 g
T Fat 13 g
Chol 109 mg
Sod 198 mg

1 envelope unflavored gelatin
1/4 cup milk
3 egg yolks
1/4 cup sugar
1 1/2 cups eggnog
3 tablespoons Brandy
1/2 teaspoon vanilla extract
3 egg whites
1/4 cup sugar
1 baked 9-inch pie shell

Soften gelatin in milk in small bowl. Beat egg yolks and 1/4 cup sugar in bowl. Heat eggnog in double boiler over boiling water. Stir a small amount of hot eggnog into egg yolks; stir egg yolks into hot eggnog. Cook over simmering water for 10 to 12 minutes or until thickened, stirring constantly; remove from heat. Stir in gelatin until dissolved. Stir in Brandy and vanilla. Chill until thickened. Beat egg whites until foamy. Add 1/4 cup sugar gradually beating until soft peaks form. Fold gently into eggnog mixture. Spoon into pie shell. Chill until set.

Elizabeth Swink

Victoria's Egg Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 404
Prot 8 g
Carbo 49 g
Fiber <1 g
T Fat 20 g
Chol 114 mg
Sod 279 mg

1¼ cups sugar
1½ tablespoons flour
¼ cup melted butter
3 eggs
2 cups evaporated milk
1 teaspoon nutmeg
1 teaspoon vanilla extract
1 unbaked pie shell

Combine sugar, flour and butter in bowl; beat until smooth. Beat in eggs. Add evaporated milk, nutmeg and vanilla; mix well. Spoon into pie shell. Bake at 300 degrees for 45 minutes.

Mae J. Johnson

Grand Finale Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 1010
Prot 11 g
Carbo 92 g
Fiber 3 g
T Fat 70 g
Chol 153 mg
Sod 456 mg

1¾ cups flour
½ teaspoon salt
¼ cup ground pecans
½ cup butter-flavored shortening
5 to 7 tablespoons cold water
¾ cup butter, softened
1½ cups sugar
4 egg yolks, beaten
⅓ cup flour
1 teaspoon vanilla extract
1⅓ cups chopped pecans
½ teaspoon cinnamon
¾ cup chocolate chips
4 egg whites, stiffly beaten
1 unbaked 9-inch pie shell
8 ounces whipped topping
1 tablespoon chocolate extract

Sift 1¾ cups flour and salt into bowl. Add ground pecans. Cut in shortening until crumbly. Add enough cold water to moisten ingredients. Roll into circle on floured surface. Place in pie plate. Trim and flute edges. Cream butter and sugar in mixer bowl. Beat in egg yolks and next 4 ingredients. Fold in chocolate chips and egg whites. Spoon into pie shell. Bake at 325 degrees for 1 hour or until light brown. Cool on wire rack. Mix whipped topping and chocolate extract in bowl. Spread on pie. Garnish with chopped pecans and chocolate curls. Chill until serving time.

Ann Armstrong

Lemon Cream Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 344
Prot 6 g
Carbo 50 g
Fiber 1 g
T Fat 14 g
Chol 92 mg
Sod 201 mg

3/4 cup flour
1 cup sugar
1 1/4 cups boiling water
2 tablespoons butter
3 egg yolks, beaten
1/2 cup evaporated milk
1/4 cup lemon juice
1 baked pie shell
3 egg whites
1/4 cup confectioners' sugar

Mix flour and sugar in saucepan. Stir in boiling water. Cook for 5 minutes. Add next 4 ingredients; mix well. Cook for 5 minutes, stirring constantly. Spoon into pie shell. Beat egg whites with confectioners' sugar in mixer bowl until stiff peaks form. Spread on pie, sealing to edge. Bake at 350 degrees until light brown.

Nona Jones

Prize-Winning Lemon Meringue Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 372
Prot 4 g
Carbo 62 g
Fiber 1 g
T Fat 13 g
Chol 88 mg
Sod 185 mg

1 1/2 cups sugar
3 tablespoons cornstarch
3 tablespoons flour
1 1/2 cups water
3 egg yolks, slightly beaten
1/2 teaspoon grated lemon rind
2 tablespoons butter
1/3 cup lemon juice
1 baked 9-inch pie shell
3 egg whites
1/2 teaspoon vanilla extract
1/4 teaspoon cream of tartar
6 tablespoons sugar

Mix first 3 ingredients in saucepan. Stir in water gradually. Cook over medium-high heat until thickened, stirring constantly; reduce heat. Cook for 2 minutes, stirring constantly; remove from heat. Stir a small amount of hot mixture into egg yolks; stir egg yolks into hot mixture. Cook for 2 minutes longer, stirring constantly; remove from heat. Stir in lemon rind, butter and lemon juice gradually. Spoon into pie shell. Beat egg whites, vanilla and cream of tartar in mixer bowl for 1 minute or until soft peaks form. Add 6 tablespoons sugar 1 tablespoon at a time, beating at high speed for 4 minutes or until stiff. Spread on pie, sealing to edge. Bake at 350 degrees for 12 to 15 minutes or until golden brown; cool.

Cheryl Sullivan

Pineapple Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 273
Prot 3 g
Carbo 43 g
Fiber 1 g
T Fat 11 g
Chol 53 mg
Sod 274 mg

1 cup sugar
3 tablespoons (heaping) flour
1/2 teaspoon salt
2 egg yolks
1/4 cup water
1 8-ounce can crushed pineapple
1 tablespoon shortening
Juice and grated rind of 1 lemon
1 baked pie shell

Combine sugar, flour, salt and egg yolks in bowl; mix well. Bring water and pineapple to a boil in saucepan. Add sugar mixture, mixing well. Cook until thickened, stirring constantly. Stir in shortening, lemon juice and lemon rind. Spoon into pie shell. May top with meringue if desired.

Jean Behnke

Honey and Pumpkin Pies

Yield:
16 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 258
Prot 6 g
Carbo 39 g
Fiber 2 g
T Fat 9 g
Chol 55 mg
Sod 330 mg

4 1/2 cups mashed cooked pumpkin
4 eggs
1 1/2 cups dry milk powder
1/2 cup milk
2/3 cup honey
2/3 cup sugar
4 teaspoons pumpkin pie spice
1 teaspoon salt
2 unbaked 9-inch pie shells

Combine pumpkin, eggs, dry milk powder, milk, honey, sugar, pumpkin pie spice and salt in bowl; mix well. Spoon into pie shells. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 degrees. Bake for 45 minutes longer. Serve with whipped cream.

Betty Pickard

Rocky Mountain Pie

Yield:
8 servings
Utensil:
2 pie plates
Approx Per Serving:
Cal 453
Prot 4 g
Carbo 46 g
Fiber 2 g
T Fat 31 g
Chol 84 mg
Sod 118 mg

1/2 cup melted butter
1 cup sugar
2 eggs, beaten
1/2 cup flour
1 teaspoon vanilla extract
1/4 teaspoon rum flavoring
1 cup chopped pecans
1 cup chocolate chips
1 unbaked 9-inch pie shell

Combine butter and sugar in mixer bowl; beat until smooth. Beat in eggs. Add flour; mix well. Stir in flavorings, pecans and chocolate chips. Spoon into pie shell. Bake at 375 degrees for 40 minutes.

Tillie Gullett

Family Secret Sweet Potato Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 411
Prot 8 g
Carbo 47 g
Fiber 2 g
T Fat 22 g
Chol 118 mg
Sod 295 mg

2 large sweet potatoes, peeled
6 tablespoons melted butter
3/4 14-ounce can sweetened condensed milk
1/3 5-ounce can evaporated milk
3 eggs
2 tablespoons lemon juice
1 teaspoon vanilla extract
1/2 teaspoon each nutmeg and cinnamon
1/4 cup (about) sugar
1 unbaked 9-inch pie shell

Cook sweet potatoes in water to cover until tender; drain and cool. Mash sweet potatoes in large mixer bowl. Add butter, condensed milk and evaporated milk; mix well. Beat in eggs 1 at a time. Stir in lemon juice, vanilla, nutmeg and cinnamon; mix well. Beat in sugar to taste. Spoon into pie shell. Bake at 350 degrees for 1 1/4 hours.

Kara J. Woodrow

Favorite Sweet Potato Pie

Yield:
8 servings
Utensil:
pie plate
Approx Per Serving:
Cal 378
Prot 4 g
Carbo 59 g
Fiber 2 g
T Fat 15 g
Chol 29 mg
Sod 270 mg

2 cups mashed cooked sweet potatoes
1/4 cup margarine, softened
1 1/3 cups sugar
1/2 teaspoon vanilla extract
1 egg
2/3 cup milk
1 teaspoon cinnamon
1/2 teaspoon nutmeg
Salt to taste
1 unbaked 9-inch pie shell

Combine sweet potatoes, margarine, sugar, vanilla, egg, milk, cinnamon, nutmeg and salt in bowl; mix until smooth. Spoon into pie shell. Bake at 425 degrees for 30 to 40 minutes or until set.

Jacqueline Odom

Sweet Potato Pie

Yield:
6 servings
Utensil:
pie plate
Approx Per Serving:
Cal 522
Prot 8 g
Carbo 65 g
Fiber 2 g
T Fat 27 g
Chol 83 mg
Sod 391 mg

3 medium sweet potatoes
2 eggs
1 cup sugar
1 cup evaporated milk
6 tablespoons melted margarine
1/2 teaspoon cinnamon
1/4 teaspoon each allspice and nutmeg
1/8 teaspoon ginger
1 unbaked 9-inch pie shell

Cook sweet potatoes in water to cover in saucepan until tender; drain. Peel and mash sweet potatoes. Combine eggs, sugar, evaporated milk, margarine, cinnamon, allspice, nutmeg and ginger in bowl; mix well. Add sweet potatoes; mix well. Spoon into pie shell. Bake at 350 degrees for 45 minutes or until knife inserted in center comes out clean.

Robbie D. Weems

Spicy Sweet Potato Pie

Yield:
8 servings
Utensil:
deep pie plate
Approx Per Serving:
Cal 321
Prot 4 g
Carbo 37 g
Fiber 1 g
T Fat 18 g
Chol 79 mg
Sod 239 mg

2 medium sweet potatoes
Salt to taste
2 eggs
3/4 cup sugar
1/2 teaspoon nutmeg
1/4 teaspoon each cinnamon and allspice
1 1/2 teaspoons lemon juice
1/4 cup evaporated milk
6 tablespoons butter
1 deep-dish pie shell

Cook sweet potatoes in salted water to cover in saucepan until tender; drain. Peel sweet potatoes. Beat in mixer bowl until smooth. Add eggs, sugar, nutmeg, cinnamon, allspice, lemon juice, evaporated milk and butter; mix well. Spoon into pie shell. Bake at 300 degrees for 1 to 1 1/2 hours or until set.

Donna Rhoades

Easy No-Roll Pastry

Yield:
1 pie shell
Utensil:
pie plate
Approx Per Pie Shell:
Cal 1689
Prot 21 g
Carbo 150 g
Fiber 5 g
T Fat 112 g
Chol 4 mg
Sod 1083 mg

1 1/2 cups flour
1 1/2 teaspoons sugar
1/2 teaspoon salt
2 tablespoons milk
1/2 cup oil

Mix flour, sugar and salt in bowl. Add milk and oil; mix well. Press into 9-inch pie plate. Bake at 425 degrees for 10 minutes or until brown.

Lydia Grady

Twenty-One Pie Crusts

Yield:
21 pie shells
Utensil:
large bowl
Approx Per Pie Shell:
Cal 1009
Prot 11 g
Carbo 94 g
Fiber 3 g
T Fat 66 g
Chol 0 mg
Sod 314 mg

5 pounds flour
1 tablespoon salt
3 pounds butter-flavored shortening
1 cup light corn syrup
3 cups water

Mix flour and salt in large bowl. Cut in shortening until crumbly. Add mixture of corn syrup and water; mix well. Shape into 21 balls. Roll into circles on floured surface. Use immediately or freeze between layers of waxed paper. May freeze in balls and roll later if preferred.

Betty Edmonds

Perfect Pie Crust

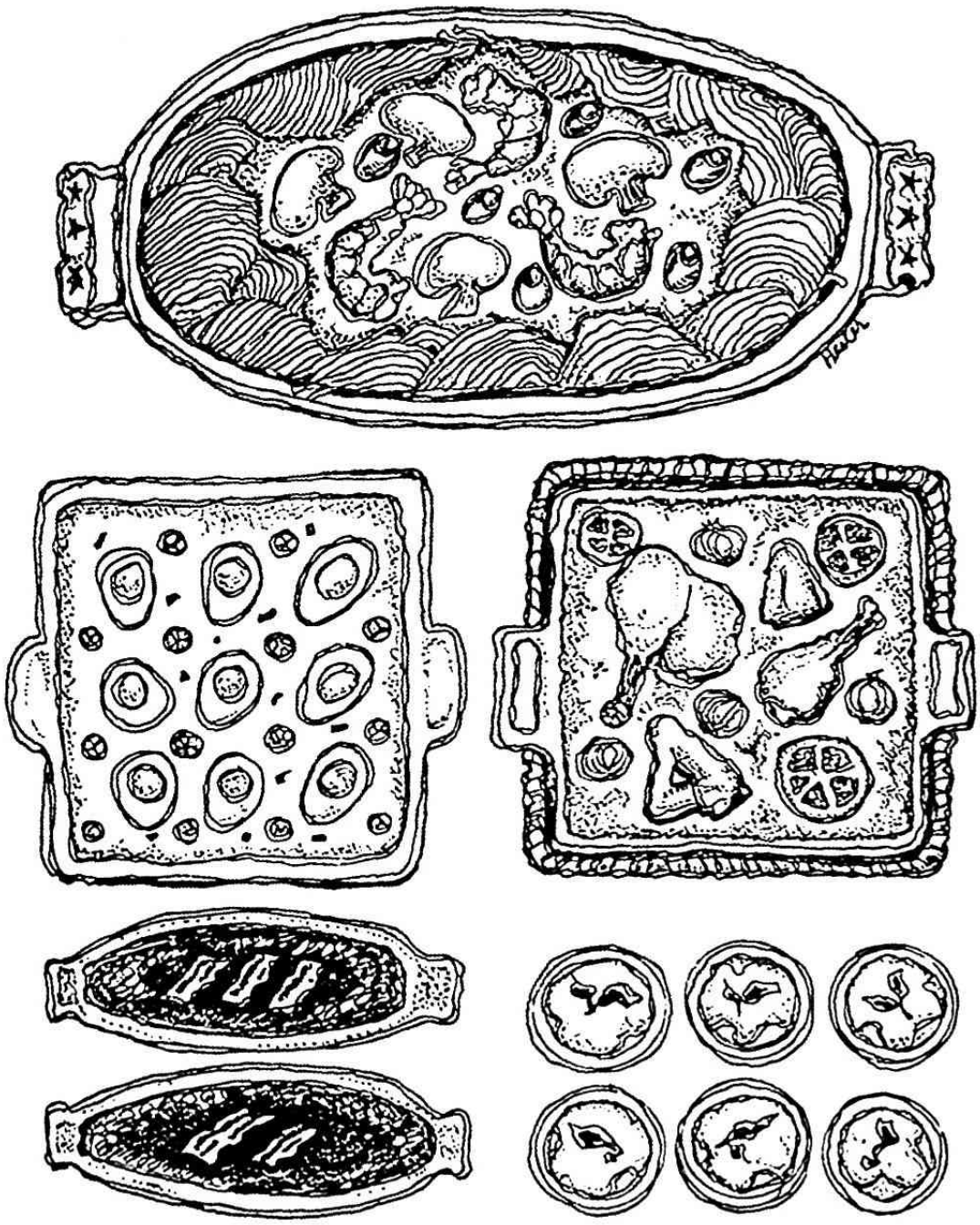
Yield:
2 crusts
Utensil:
pie plate
Approx Per Crust:
Cal 1564
Prot 20 g
Carbo 97 g
Fiber 3 g
T Fat 123 g
Chol 341 mg
Sod 1028 mg

1/2 cup butter, softened
3 ounces cream cheese, softened
1 cup flour

Cut butter and cream cheese into flour in bowl. Shape into 2 balls. Roll into circles on waxed paper. Fold each circle into quarters to place in pie plate. Fill as desired. Use remaining circle as top crust or second pie shell. Bake using recipe directions.

Rebecca Wehunt

CHARTS And MORE



Glossary of Cooking Techniques

Bake: To cook by dry heat in an oven, or under hot coals.

Bard: To cover lean meats with bacon or pork fat before cooking to prevent dryness.

Baste: To moisten, especially meats, with melted butter, pan drippings, sauce, etc. during cooking time.

Beat: To mix ingredients by vigorous stirring or with electric mixer.

Blanch: To immerse, usually vegetables or fruit, briefly into boiling water to inactivate enzymes, loosen skin, or soak away excess salt.

Blend: To combine 2 or more ingredients, at least 1 of which is liquid or soft, to produce a mixture that has a smooth uniform consistency quickly.

Boil: To heat liquid until bubbly; the boiling point for water is about 212 degrees, depending on the altitude and the atmospheric pressure.

Braise: To cook, especially meats, covered, in a small amount of liquid.

Brew: To prepare a beverage by allowing boiling water to extract the flavor and/or the color from certain substances.

Broil: To cook by direct exposure to intense heat such as a flame or an electric heating unit.

Caramelize: To melt sugar in a heavy pan over low heat until golden, stirring constantly.

Chill: To cool in the refrigerator or in cracked ice.

Clarify: To remove impurities from melted butter or margarine by allowing sediment to settle, then pouring off clear yellow liquid. Other fats may be clarified by straining.

Cream: To blend shortening, butter, margarine, usually softened, or sometimes oil, with a granulated or crushed ingredient until the mixture is soft and creamy. Usually described in method as light and fluffy.

Curdle: To congeal milk with rennet or heat until solid lumps or curds are formed.

Cut in: To disperse solid shortening into dry ingredients with a knife or pastry blender. Texture of the mixture should resemble coarse cracker meal. Described in method as crumbly.

Decant: To pour a liquid such as wine or melted butter carefully from 1 container into another leaving the sediment in the original container.

Deep-fry: To cook in a skillet or deep pan containing hot cooking oil. Deep-fried foods are generally completely immersed in the hot oil.

Deglaze: To heat stock, wine or other liquid in the pan in which meat has been cooked, mixing with pan juices and sediment to form a gravy or sauce base.

Degorger: To remove strong flavors or impurities before cooking, i.e. soaking ham in cold water or sprinkling vegetables with salt, then letting stand for a period of time and pressing out excess fluid.

Degrease: To remove accumulated fat from surface of hot liquids.

Dice: To cut into small cubes about 1/4-inch in size. Do not use dice unless ingredient can truly be cut into cubes.

Dissolve: To create a solution by thoroughly mixing a solid or granular substance with a liquid until no sediment remains.

Dredge: To coat completely with flour, bread crumbs, etc.

Filet: To remove bones from meat or fish. (Pieces of meat, fish or poultry from which bones have been removed are called filets.)

Flambé: To pour warmed Brandy or other spirits over food in a pan, then ignite and continue cooking briefly.

Fold in: To blend a delicate frothy mixture into a heavier one so that none of the lightness or volume is lost. Using a rubber spatula, turn under and bring up and over, rotating bowl 1/4 turn after each folding motion.

Fry: To cook in a pan or skillet containing hot cooking oil. The oil should not totally cover the food.

Garnish: To decorate or enhance food before serving.

Glaze: To cover or coat with sauce, syrup, egg white or a jellied substance. After applying, it becomes firm, adding color and flavor.

Grate: To rub food against a rough, perforated utensil to produce slivers, chunks, curls, etc.

Gratiné: To top a sauced dish with crumbs, cheese or butter, then brown under a broiler.

Grill: To broil, usually over hot coals or charcoal.

Grind: To cut, crush, or force through a chopper to produce small bits.

Infuse: To steep herbs or other flavorings in a liquid until liquid absorbs flavor.

Julienne: To cut vegetables, fruit, etc. into long thin strips.

Knead: To press, fold and stretch dough until smooth and elastic. Method usually notes time frame or result.

Lard: To insert strips of fat or bacon into lean meat to keep it moist and juicy during cooking. Larding is an internal basting technique.

Leaven: To cause batters and doughs to rise, usually by means of a chemical leavening agent. This process may occur before or during baking.

Marinate: To soak, usually in a highly seasoned oil-acid solution, to flavor and/or tenderize food.

Melt: To liquefy solid foods by action of heat.

Mince: To cut or chop into very small pieces.

Mix: To combine ingredients to distribute uniformly.

Mold: To shape into a particular form.

Panbroil: To cook in a skillet or pan using a very small amount of fat to prevent sticking.

Panfry: To cook in a skillet or pan containing only a small amount of fat.

Parboil: To partially cook in boiling water. Most parboiled foods require additional cooking with or without other ingredients.

Parch: To dry or roast slightly through exposure to intense heat.

Pit: To remove the hard inedible seed from peaches, plums, etc.

Plank: To broil and serve on a board or wooden platter.

Plump: To soak fruits, usually dried, in liquid until puffy and softened.

Poach: To cook in a small amount of gently simmering liquid.

Preserve: To prevent food spoilage by pickling, salting, dehydrating, smoking, boiling in syrup, etc. Preserved foods have excellent keeping qualities when properly prepared and stored.

Purée: To reduce the pulp of cooked fruit and vegetables to a smooth and thick liquid by straining or blending.

Reduce: To boil stock, gravy or other liquid until the volume is reduced, the liquid is thickened and the flavor is intensified.

Refresh: To place blanched drained vegetables or other food in cold water to halt cooking process.

Render: To cook meat or meat trimmings at low temperature until fat melts and can be drained and strained.

Roast: (1) To cook by dry heat either in an oven or over hot coals. (2) To dry or parch by intense heat.

Sauté: To cook in a skillet containing a small amount of hot cooking oil. Sautéed foods should never be immersed in the cooking oil and should be stirred frequently.

Scald: (1) To heat a liquid almost to the boiling point. (2) To soak, usually vegetables or fruit, in boiling water until the skins are loosened.

Scallop: To bake with a sauce in a casserole. The food may either be mixed or layered with the sauce.

Score: To make shallow cuts diagonally in parallel lines, especially in meat.

Scramble: To cook and stir simultaneously, especially eggs.

Shirr: To crack eggs into individual buttered baking dishes, then bake or broil until whites are set. Chopped meats or vegetables, cheese, cream or bread crumbs may also be added.

Shred: To cut or shave food into slivers.

Shuck: To remove the husk from corn or the shell from oysters, clams, etc.

Sieve: To press a mixture through a closely meshed metal utensil to make it homogeneous.

Sift: To pass, usually dry ingredients, through a fine wire mesh in order to produce a uniform consistency.

Simmer: To cook in or with a liquid at or just below the boiling point.

Skewer: (1) To thread, usually meat and vegetables, onto a sharpened rod (as in shish kabob). (2) To fasten the opening of stuffed fowl closed with small pins.

Skim: To ladle or spoon off excess fat or scum from the surface of a liquid.

Smoke: To preserve or cook through continuous exposure to wood smoke for a long time.

Steam: To cook with water vapor in a closed container, usually in a steamer, on a rack, or in a double boiler.

Sterilize: To cleanse and purify through exposure to intense heat.

Stew: To simmer, usually meats and vegetables, for a long period of time. Also used to tenderize meats.

Stir-fry: To cook small pieces of vegetables and/or meat in a small amount of oil in a wok or skillet over high heat, stirring constantly, until tender-crisp.

Strain: To pass through a strainer, sieve, or cheesecloth in order to break down or remove solids or impurities.

Stuff: To fill or pack cavities especially those of meats, vegetables and poultry.

Toast: To brown and crisp, usually by means of direct heat or to bake until brown.

Toss: To mix lightly with lifting motion using 2 forks or spoons.

Truss: To bind poultry legs and wings close to the body before cooking.

Whip: To beat a mixture until air has been thoroughly incorporated and the mixture is light and fluffy, the volume is greatly increased, and the mixture holds its shape.

Wilt: To apply heat to cause dehydration, color change and a droopy appearance.

HERBS

Use fresh whole herbs when possible. When fresh herbs are not available, use whole dried herbs that can be crushed just while adding. Store herbs in airtight containers away from the heat of the stove. Fresh herbs may be layered between paper towels and dried in the microwave on HIGH for 2 minutes or until dry.

Basil	Can be chopped and added to cold poultry salads. If the recipe calls for tomatoes or tomato sauce, add a touch of basil for a rich flavor.
Bay leaf	The basis of many French seasonings. It is added to soups, stews, marinades and stuffings.
Bouquet garni	A bundle of parsley, thyme and bay leaves tied together and added to stews, soups or sauces. Other herbs and spices may be added to the basic herbs.
Chervil	One of the traditional *fines herbes* used in French cooking. (The others are tarragon, parsley and chives.) It is good in omelets and soups.
Chives	Available fresh, dried or frozen, it can be substituted for raw onion or shallot in nearly any recipe.
Garlic	One of the oldest herbs in the world, it must be carefully handled. For best results, press or crush the garlic clove.
Marjoram	An aromatic herb of the mint family, it is good in soups, sauces, stuffings and stews.
Mint	Use fresh, dried or ground with vegetables, desserts, fruits, jelly, lamb or tea. Fresh sprigs of mint make attractive aromatic garnishes.
Oregano	A staple, savory herb in Italian, Spanish, Greek and Mexican cuisines. It is very good in dishes with a tomato foundation, especially in combination with basil.
Parsley	Use this mild herb as fresh sprigs or dried flakes to flavor or garnish almost any dish.
Rosemary	This pungent herb is especially good in poultry and fish dishes and in such accompaniments as stuffings.
Saffron	Use this deep orange herb, made from the dried stamens of a crocus, sparingly in poultry, seafood and rice dishes.
Sage	This herb is a perennial favorite with all kinds of poultry and stuffings.
Tarragon	One of the *fines herbes*. Goes well with all poultry dishes whether hot or cold.
Thyme	Usually used in combination with bay leaf in soups, stews and sauces.

SPICES

Spices should be stored in airtight containers away from the heat of the stove or in the refrigerator. Add ground spices toward the end of the cooking time to retain maximum flavor. Whole spices may be added at the beginning but should have a small amount of additional spices added near the end of cooking time also.

Allspice	Pungent aromatic spice, whole or in powdered form. It is excellent in marinades, particularly in game marinade, or in curries.
Caraway seed	Use the whole seeds in breads, especially rye, and with cheese, sauerkraut and cabbage dishes.
Celery seed	Use whole or ground in salad dressings, sauces, pickles or meat, cheese, egg and fish dishes.
Chili powder	Made from dried red chili peppers, this spice ranges from mild to fiery depending on the type of chili pepper used. Used especially in Mexican cooking, it is a delicious addition to eggs, dips and sauces.
Cinnamon	Ground from the bark of the cinnamon tree, it is delicious in desserts as well as savory dishes.
Coriander	Seed used whole or ground, this slightly lemony spice adds an unusual flavor to soups, stews, chili dishes, curries and desserts.
Curry powder	A blend of several spices, this gives Indian cooking its characteristic flavor.
Cumin	A staple spice in Mexican cooking. Use in meat, rice, cheese, egg and fish dishes.
Ginger	The whole root used fresh, dried or ground is a sweet, pungent addition to desserts or oriental-style dishes.
Mustard (dry)	Ground mustard seed brings a sharp bite to sauces or may be sprinkled sparingly over poultry or other foods.
Nutmeg	Use the whole spice or a bit of freshly ground for flavor in beverages, breads and desserts. A sprinkle on top is both a flavor enhancer and an attractive garnish.
Pepper	Black and white pepper from the pepperberry or peppercorn, whether whole, ground or cracked, is the most commonly used spice in or on any food.
Poppy seed	Use these tiny, nutty-flavored seeds in salad dressings, breads, cakes or as a flavorful garnish for cheese, rolls or noodle dishes.
Turmeric	Ground from a root related to ginger, this is an essential in curry powder. Also used in pickles, relishes, cheese and egg dishes.

No-Salt Seasoning

Salt is an acquired taste and can be significantly reduced in the diet by learning to use herbs and spices instead. When using fresh herbs, use 3 times the amount of dried herbs. Begin with small amounts to determine your favorite tastes. A dash of fresh lemon or lime juice can also wake up your taste buds.

Herb Blends to Replace Salt

Combine all ingredients in small airtight container. Add several grains of rice to prevent caking.

No-Salt Surprise Seasoning — 2 teaspoons garlic powder and 1 teaspoon each of dried basil, oregano and dehydrated lemon juice.

Pungent Salt Substitute — 3 teaspoons dried basil, 2 teaspoons each of summer savory, celery seed, cumin seed, sage and marjoram, and 1 teaspoon lemon thyme; crush with mortar and pestle.

Spicy No-Salt Seasoning — 1 teaspoon each cloves, pepper and coriander, 2 teaspoons paprika and 1 tablespoon dried rosemary; crush with mortar and pestle.

Herb Complements

Beef — bay leaf, chives, cumin, garlic, hot pepper, marjoram, rosemary

Pork — coriander, cumin, garlic, ginger, hot pepper, savory, thyme

Poultry — garlic, oregano, rosemary, savory, sage

Cheese — basil, chives, curry, dill, marjoram, oregano, parsley, sage, thyme

Fish — chives, coriander, dill, garlic, tarragon, thyme

Fruit — cinnamon, coriander, cloves, ginger, mint

Bread —caraway, marjoram, oregano, poppy seed, rosemary, thyme

Salads — basil, chives, tarragon, parsley, sorrel

Vegetables — basil, chives, dill, tarragon, marjoram, mint, parsley, pepper

Basic Herb Butter

Combine 1 stick unsalted butter, 1 to 3 tablespoons dried herbs or twice that amount of minced fresh herbs of choice, 1/2 teaspoon lemon juice and white pepper to taste. Let stand for 1 hour or longer before using.

Basic Herb Vinegar

Heat vinegar of choice in saucepan; do not boil. Pour into bottle; add 1 or more herbs of choice and seal bottle. Let stand for 2 weeks before using.

SUBSTITUTION CHART

	Instead of	Use
Baking	1 teaspoon baking powder	1/4 teaspoon soda plus 1/2 teaspoon cream of tartar
	1 tablespoon cornstarch (for thickening)	2 tablespoons flour or 1 tablespoon tapioca
	1 cup sifted all-purpose flour	1 cup plus 2 tablespoons sifted cake flour
	1 cup sifted cake flour	1 cup minus 2 tablespoons sifted all-purpose flour
	1 cup dry bread crumbs	3/4 cup cracker crumbs
Dairy	1 cup buttermilk	1 cup sour milk or 1 cup yogurt
	1 cup heavy cream	3/4 cup skim milk plus 1/3 cup butter
	1 cup light cream	7/8 cup skim milk plus 3 tablespoons butter
	1 cup sour cream	7/8 cup sour milk plus 3 tablespoons butter
	1 cup sour milk	1 cup milk plus 1 tablespoon vinegar or lemon juice or 1 cup buttermilk
Seasoning	1 teaspoon allspice	1/2 teaspoon cinnamon plus 1/8 teaspoon cloves
	1 cup catsup	1 cup tomato sauce plus 1/2 cup sugar plus 2 tablespoons vinegar
	1 clove of garlic	1/8 teaspoon garlic powder or 1/8 teaspoon instant minced garlic or 3/4 teaspoon garlic salt or 5 drops of liquid garlic
	1 teaspoon Italian spice	1/4 teaspoon each oregano, basil, thyme, rosemary plus dash of cayenne
	1 teaspoon lemon juice	1/2 teaspoon vinegar
	1 tablespoon mustard	1 teaspoon dry mustard
	1 medium onion	1 tablespoon dried minced onion or 1 teaspoon onion powder
Sweet	1 1-ounce square chocolate	1/4 cup cocoa plus 1 teaspoon shortening
	1 2/3 ounces semisweet chocolate	1 ounce unsweetened chocolate plus 4 teaspoons granulated sugar
	1 cup honey	1 to 1 1/4 cups sugar plus 1/4 cup liquid or 1 cup corn syrup or molasses
	1 cup granulated sugar	1 cup packed brown sugar or 1 cup corn syrup, molasses or honey minus 1/4 cup liquid

EQUIVALENT CHART

	When the recipe calls for	Use
Baking	1/2 cup butter	4 ounces
	2 cups butter	1 pound
	4 cups all-purpose flour	1 pound
	4 1/2 to 5 cups sifted cake flour	1 pound
	1 square chocolate	1 ounce
	1 cup semisweet chocolate chips	6 ounces
	4 cups marshmallows	1 pound
	2 1/4 cups packed brown sugar	1 pound
	4 cups confectioners' sugar	1 pound
	2 cups granulated sugar	1 pound
Cereal – Bread	1 cup fine dry bread crumbs	4 to 5 slices
	1 cup soft bread crumbs	2 slices
	1 cup small bread cubes	2 slices
	1 cup fine cracker crumbs	28 saltines
	1 cup fine graham cracker crumbs	15 crackers
	1 cup vanilla wafer crumbs	22 wafers
	1 cup crushed cornflakes	3 cups uncrushed
	4 cups cooked macaroni	8 ounces uncooked
	3 1/2 cups cooked rice	1 cup uncooked
Dairy	1 cup shredded cheese	4 ounces
	1 cup cottage cheese	8 ounces
	1 cup sour cream	8 ounces
	1 cup whipped cream	1/2 cup heavy cream
	2/3 cup evaporated milk	1 small can
	1 2/3 cups evaporated milk	1 13-ounce can
Fruit	4 cups sliced or chopped apples	4 medium
	1 cup mashed bananas	3 medium
	2 cups pitted cherries	4 cups unpitted
	2 1/2 cups shredded coconut	8 ounces
	4 cups cranberries	1 pound
	1 cup pitted dates	1 8-ounce package
	3 to 4 tablespoons lemon juice plus 1 tablespoon grated lemon rind	1 lemon
	1/3 cup orange juice plus 2 teaspoons grated orange rind	1 orange
	4 cups sliced peaches	8 medium
	2 cups pitted prunes	1 12-ounce package
	3 cups raisins	1 15-ounce package

	When the recipe calls for	Use
Meats	4 cups chopped cooked chicken	1 5-pound chicken
	3 cups chopped cooked meat	1 pound, cooked
	2 cups cooked ground meat	1 pound, cooked
Nuts	1 cup chopped nuts	4 ounces shelled
		1 pound unshelled
Vegetables	2 cups cooked green beans	1/2 pound fresh or 1 16-ounce can
	2 1/2 cups lima beans or red beans	1 cup dried, cooked
	4 cups shredded cabbage	1 pound
	1 cup grated carrot	1 large
	8 ounces fresh mushrooms	1 4-ounce can
	1 cup chopped onion	1 large
	4 cups sliced or chopped potatoes	4 medium
	2 cups canned tomatoes	1 16-ounce can

Measurement Equivalents

1 tablespoon = 3 teaspoons
2 tablespoons = 1 ounce
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup
1 cup = 8 ounces or 1/2 pint
4 cups = 1 quart
4 quarts = 1 gallon

1 6 1/2 to 8-ounce can = 1 cup
1 10 1/2 to 12-ounce can = 1 1/4 cups
1 14 to 16-ounce can = 1 3/4 cups
1 16 to 17-ounce can = 2 cups
1 18 to 20-ounce can = 2 1/2 cups
1 29-ounce can = 3 1/2 cups
1 46 to 51-ounce can = 5 3/4 cups
1 6 1/2 to 7 1/2-pound can or Number 10 = 12 to 13 cups

Metric Equivalents

Liquid

1 teaspoon = 5 milliliters
1 tablespoon = 15 milliliters
1 fluid ounce = 30 milliliters
1 cup = 250 milliliters
1 pint = 500 milliliters

Dry

1 quart = 1 liter
1 ounce = 30 grams
1 pound = 450 grams
2.2 pounds = 1 kilogram

NOTE: The metric measures are approximate benchmarks for purposes of home food preparation.

INDEX

APPETIZERS. *See also* Cheese Balls/Spreads; Dips; Snacks
Bacon Appetizers, 61
Cajun Pickled Eggs, 65
Cheese Olive Puffs, 63
Crisp Cheese Appetizers, 46
Festive Florentine Crescents, 61
Ham Swirls, 62
Pickled Frankfurters, 65
Seafood English Muffins, 63
Spinach Balls, 64
Swedish Meatballs, 62
Tortilla Roll-Ups, 64

BEAN DISHES
Bean and Pea Casserole, 161
Beans from Hell, 160
Fireside Beans, 25
Green Bean Casserole, 162
Home on the Range, 19
Old-Fashioned Beans, 161

BEEF. *See also* Ground Beef
Barbecued Brisket, 14
Beef Birds, 105
Burgundy Beef Casserole, 108
Hearty Pinto Bean Casserole, 109
Homemade Beef and Vegetable Soup, 79
Overnight Brisket, 104
San Marco Smothered Steak, 106
Slow Cooker Barbecued Brisket, 104
Southern Smothered Steak, 106
Steak Bites, 107
Stuffed Tenderloin with Marsala Sauce, 105
Swiss Steak, 107
Yankee Cheddar Steak, 108

BEVERAGES, COLD
Champagne Punch, 70
Gold Punch, 71
Orange Breakfast Nog, 73
Piña Colada Slush, 71
Purple Punch, 72
Really Good Punch, 72
Spiced Cranberry Punch, 70

BEVERAGES, HOT
Barbara's Hot Spiced Punch, 74
Homemade Kahlua, 73
Hot Cocoa Mix, 75
Instant Hot Chocolate, 75
Instant Spiced Tea, 76
Percolator Punch, 9
Spiced Tea Mix, 76
Wassail, 74

BISCUITS
Cheesy Angel Biscuits, 188
Chuck Wagon Biscuits, 188
Denver Biscuits, 189
Sweet Potato Biscuits, 189
Texas Biscuits, 190

BREAD. *See also* Biscuits; Bread, Loaves; Coffee Cakes; Corn Bread; Muffins; Rolls

BREAD, LOAVES
Banana Pecan Bread, 194
Bubble Bread, 195
Cranberry Pecan Bread, 196
Great Grandma Hurt's Salt-Rising Bread, 199
Hawaiian Banana Bread, 194
Healthy Banana-Nut Bread, 29
Oatmeal Yeast Bread, 198
Peanut Butter Bread, 196
Pumpkin Date Bread, 197
Pumpkin Pecan Bread, 197
Strawberry Bread, 198
Vanilla Banana Bread, 195

BROCCOLI
Broccoli Casserole, 163
Broccoli Corn Bread, 193
Broccoli Soup, 78
Creamy Broccoli and Rice, 26

BROWNIES
Beautiful Brownies, 247
Fudge Marshmallow Brownies, 247
Iced Sheet Cake Brownies, 38
Nieman Marcus Cream Cheese Brownies, 254
Turtle Brownies, 248

CAKES, APPLE
Apple and Pecan Pound Cake, 36
Applesauce Cake, 222
Fresh Apple Cake, 221
Fresh Apple Pound Cake, 238
Lone Star Fresh Apple Cake, 222
Taffy Apple Pound Cake, 238

CAKES. *See also* Cakes, Apple; Cakes, Chocolate; Cakes, Pound; Fruitcakes
Another Seven-Up Cake, 241
Apricot Cake, 223
Blueberry Tea Cake, 223
Bohemian Spice Cake, 34
Butter Pecan Cake, 224
Coconut Cake, 230
Coconut Cream Cake, 33
Coconut Layer Cake, 230
Fresh Cherry Wine Cake, 224
Gingerbread, 234
Herman Dean's Favorite Cake, 234
Holiday Cake, 235
Italian Cream Cake, 237
Mamma's Rum Cake, 34
Mmmmm Good Carob Cake, 232
Mother Clower's Jam Cake, 231
Pear Cake, 35
Pineapple and Pecan Cake, 236
Pineapple Angel Food Cake, 221
Pineapple Cake, 236
Pineapple Pudding Cake, 235
Poppy Seed Cake, 36
Rum Cake, 240
Seven-Up Cake, 241
Sherry Spice Cake, 35
Squash Spice Cake, 242
Strawberry Daiquiri Cake, 242

CAKES, CHOCOLATE
Chocolate Cake, 227
Chocolate Chip Bundt Cake, 225
Coke Cake, 225
Dr. Pepper Cake, 231
Inside-Out Chocolate Cake, 33
Milky Way Cake, 32
Mississippi Mud Cake, 226
Peanut Butter Fudge Cake, 226
Self-Filled Cupcakes, 229
Tunnel of Fudge Cake, 227
Wacky Cake, 229
White Chocolate Cake, 228

CAKES, POUND
Apple and Pecan Pound Cake, 36
Cream Cheese Pound Cake, 37, 239
Fresh Apple Pound Cake, 238
Sour Cream Pound Cake, 239
Taffy Apple Pound Cake, 238
Whipping Cream Pound Cake, 240

CANDY
Cajun Pecans, 245
Cherry Mash Candy, 243
Chocolate Balls, 246
Date Loaf Candy, 243
Flapper Fudge, 207
Martha Washington Candy, 38
Microwave Peanut Patties, 37
No-Bake Fudge, 244
Out of the World Candy, 244
Pralines, 245
Sugared Rum Pecans, 246

CHEESE BALLS/SPREADS
Dried Beef Cheese Ball, 46
Holiday Cheese Ball, 47
Holiday Cream Cheese Roll, 48
Mexican Cheese Ball, 49
Pecan Cheese Logs, 49
Pimento Cheese, 50
Pineapple Cheese Spread, 50
Pineapple Holiday Cheese Ball, 48
Ranch Dressing Cheese Ball, 47
Shrimp Cheese Ball, 51

CHEESECAKES
Abby's Cheesecake, 30
Betty's Cheesecake, 212
Party Cheesecakes, 212

CHICKEN
Baked Chicken à la Moo Moo, 130
Baked Chicken Parmigiana, 131
Barbecued Chicken, 131
Calabaza con Pollo, 133
Chicken and Almond Casserole, 139
Chicken and Dumplings, 135
Chicken and Rice, 138
Chicken and Tortilla Casserole, 142
Chicken Breasts with Dried Beef, 132
Chicken Casserole, 140
Chicken Mexicali, 147
Chicken Olé, 148

Chicken Picata, 136
Chicken Potpie, 137
Chicken Rolls, 138
Chicken Spaghetti, 149
Chicken Supreme, 139
Chicken Tetrazzini, 149
Chicken Vermicelli, 150
Chicken with Broccoli and Rice, 132
Chinese-Style Chicken, 134
Cranberry Chicken, 134
Crisp-Crusted Baked Chicken, 130
Delicious Chicken Casseroles, 140
Easy Chicken Potpie, 137
Gloria's Chicken Casserole, 21
Grilled Oriental Mustard Chicken, 22
Hot Chicken Salad, 141
Italian Chicken, 141
Jambalaya, 142
King Ranch Casserole, 146
King Ranch Chicken Casserole, 147
Mexican-Style Chicken Roll-Ups, 23
Okoboji Chicken Casserole, 22
One-Dish Chicken and Vegetables, 135
Poppy Seed Chicken, 136
Santa Fe Chicken, 148
Swedish Chicken Breasts Supreme, 23
Two-Step Chicken Divan, 133
Very Good Chicken Soup, 79
Yum-Yum Chicken, 139

CHILI
Banks of the Brazos Chili, 17
Bird's Chili, 109
Blow Up Chili, 109
Buck Savors Chili, 110
Homemade Chili, 110
Paul Bunyan Chili, 111

COBBLERS
Fruit Cobbler, 214
Mrs. Bragg's Peach Cobbler, 219
Quick and Easy Peach Cobbler, 218

COFFEE CAKES
Cinnamon Coffee Cake, 191
Country Apple Coffee Cake, 190
Cream Cheese Coffee Cake, 191
Sugar-Free Date Coffee Cake, 192

COOKIES. *See also* Brownies
Bea's Congo Bars, 249
Cement Cookies, 39
Chocolate Snowballs, 39
Chocolate Toffee Crescent Bars, 248
Coconut Oatmeal Cookies, 255
Delicious Chocolate Cookies, 249
Easy Cheesy Lemon Bars, 253
Easy Coconut Macaroons, 254
Easy Peanut Butter Cookies, 256
English Cherubs, 251
Florentine Cookies, 251
Forgotten Cookies, 252
Fudge Bars, 250
Gooey Butter Cake Cookie Squares, 252
Jerry's Easy Peanut Butter Cookies, 40
My Favorite Peanut Butter Cookies, 256
Oatmeal Cookies, 255
Old-Fashioned Sugar Cookies, 257
Peanut Butter Fingers, 257
Pecan Pie Bars, 40
Raspberry Chocolate Supremes, 250
Rocky Road Fudge Bars, 206
Sunburst Lemon Bars, 253
Wedding Cookies, 41

CORN
Baked Corn, 165
Cheesy Corn Bake, 165
Cheesy Corn Casserole, 26
Corn Casserole, 27
Corn Pudding, 167
Creamy Corn Casserole, 166
Fantastic Corn, 166
Shoe Peg Corn Casserole, 167
White Corn Casserole, 168

CORN BREAD. *See also* Salads, Corn Bread
Black-Eyed Pea Corn Bread, 192
Broccoli Corn Bread, 193
Eudora's Mexican Corn Bread, 193

DESSERTS. *See also* Cakes; Candy; Cheesecakes; Cobblers; Cookies; Pies; Puddings
Abby's Cheesecake, 30
Apple Dumplings, 208
Apple Strudel, 209
Bavarian Apple Torte, 208
Better than Sex Dessert, 220
Cherry and Pineapple Dessert, 213
Cherry Pretzel Dessert, 213
Cream Puffs, 31

Deluxe Dump Cake, 216
Dirt Dessert, 214
Dirt Pudding Dessert, 215
Dump Cake, 215
Forgotten Dessert, 216
Frozen Banana Splits, 211
Fruit Pizza, 220
Kahlua Soufflé, 31
Lemon Lust, 217
Pike's Peak Spiked Apple Crisp, 30
Punch Bowl Cake, 219
Swedish Cream for Berries, 32

DIPS
Beer Dip, 52
Caviar Pie, 52
Crab Dip, 53
Creamy Shrimp Dip, 57
Deviled Ham Dip, 8
Dill Dip, 53
Easy Fruit Dip, 54
Giant Taco, 58
Green Chili Bean Dip, 54
Hot Sausage Dip, 56
Jalapeño Dip, 55
Mock Avocado Dip, 51
Picante Sauce, 55
Sausage and Ground Beef Dip, 56
Shrimp Dip, 57
Spinach Dip, 58
Tangy Vegetable Dip, 60
Tex-Mex Dip, 59
Texas Caviar, 59
Tijuana Dip, 60
Zesty Shrimp Dip, 8

EGG DISHES
Banana Pepper Pie, 169
Breakfast Pizza, 124
Cheesy Sausage Quiche, 128
Christmas Morning Eggs, 124
Company's Coming Egg Casserole, 125
Egg and Cheese Casserole, 126
Egg Casserole, 125
Helen's Favorite Tiropeta, 127
Hungarian Peppers and Eggs, 126
Sausage Strata, 127

ENCHILADAS
Chicken Enchilada Casserole, 143
Chicken Enchiladas, 143
Easy Chicken Enchiladas, 144
Sour Cream Chicken Enchiladas, 145
Spinach Enchilada Casserole, 144
Winnie's Chicken Enchiladas, 146

FISH. *See also* Shellfish; Tuna
Blackened Fish, 151
Filet of Sole with Broccoli, 153
Fish Filets with Tomato Sauce, 24
Grilled Mahi Mahi in Red Onion Butter, 152
Salmon Puffs, 153
Southern-Fried Catfish, 152

FRUITCAKES
Lillie's Wonderful No-Bake Fruitcake, 233
Mexican Fruitcake, 233
Mother's Fruitcake, 232

GROUND BEEF. *See also* Chili
Bean Stuff, 111
Bolognese Meat Sauce, 19
Cheesy Vegetable and Beef Casserole, 112
Easy Stew, 117
Fiesta Stuffed Shells, 114
Giant Taco, 58
Greek Spaghetti, 116
Ground Beef and Rice Casserole, 16
Ground Beef Casserole with Corn Bread Topping, 16
Hobo Dinner, 114
Jungle Stew, 117
Lydia Smith's Yacasoba, 119
Meat Loaf, 18
Meat Sauce, 18
Mexican Casserole, 112
Polish Cabbage Rolls, 113
Sausage and Ground Beef Dip, 56
Southwest Spaghetti Pie, 116
Swedish Meatballs, 62
Tagliarini, 118
Texas Hash, 119
Upside-Down Pizza, 118
Zucchini and Ground Beef Casserole, 113

HAM
Cheesy Ham Casserole, 120
Company's Coming Egg Casserole, 125
Deviled Ham Dip, 8
Ham Sauce for Pasta, 120
Ham Swirls, 62

HOMINY
Hominy Casserole, 176
Spanish Hominy, 27
Zesty Hominy Casserole, 177

LASAGNA
Homemade Lasagna, 115
John's Favorite Lasagna, 19
Savory Lasagna, 20
Three-Meat Lasagna, 115

MEATS. *See also* Beef; Ground Beef; Ham
Arrosto Farcito Agli Spinaci (Stuffed Veal Roast), 15
Chili Hominy Pie, 128
Corn Dogs, 122
French Bean Pot, 121
Pickled Frankfurters, 65
Spanish Pork Chops, 121
Spiced Leg of Lamb, 123

MUFFINS
Bran Muffins, 199
Lemon Poppy Seed Muffins, 200
Lemon Yogurt Muffins, 200
Sausage Muffins, 201

PASTA
Chicken Spaghetti, 149
Chicken Tetrazzini, 149
Chicken Vermicelli, 150
Fideo, 177
Fiesta Stuffed Shells, 114
Greek Spaghetti, 116
Ham Sauce for Pasta, 120
Pasta Fagioli, 80
Southwest Spaghetti Pie, 116

PIE PASTRY
Easy No-Roll Pastry, 269
Perfect Pie Crust, 270
Twenty-One Pie Crusts, 270

PIES. *See also* Pie Pastry
Banana Cream Cheese Pie, 259
Banana Cream Pie, 259
Bean Pie, 260
Butterscotch Pie, 42
Caramel Apple Pie, 258
Cherry Cheese Pies, 42
Cherry Cream Cheese Pie, 261
Chocolate Chess Pie, 262
Chocolate Pecan Pie, 43
Chocolate Pies, 261
Coconut Caramel Pies, 262
Eggnog Chiffon Pie, 263
Ethel Irons' Pumpkin Chiffon Pie, 44
Family Secret Sweet Potato Pie, 267
Favorite Sweet Potato Pie, 268
Flo's Buttermilk Pie, 41
Four-Layer Coconut Pie, 263
Grand Finale Pie, 264
Honey and Pumpkin Pies, 266
Lemon Cream Pie, 265
Lemon Meringue Pie, 43
Mince Lime Pie, 207
Moma's Black Bottom Pie, 260
Pineapple Pie, 266
Prize-Winning Lemon Meringue Pie, 265
Rocky Mountain Pie, 267
Sour Cream Lemon Pie, 44
Spicy Sweet Potato Pie, 269
Sweet Potato Pie, 268
Tincy's Fried Apricot Pies, 258
Victoria's Egg Pie, 264

Play Dough, 204

POULTRY. *See also* Chicken
Texas Turkey, 151

PRESERVES
Apricot and Zucchini Jam, 181
Grape Freezer Jelly, 182
Pear Relish, 183

PUDDINGS
Banana Pudding Supreme, 210
Bess Truman's Ozark Pudding, 218
Brandy Cream Cheese Mousse, 217
My Neighbor's Banana Pudding, 210
Sinful Banana Pudding, 211

RICE
Champagne Rice Pilaf, 178
Jalapeño Rice, 178
Vegetable Rice, 179
Wild Rice Dressing, 179

ROLLS
Agnes' Hot Rolls, 201

Foolproof Quick Rolls, 204
Hot Rolls, 202
Icebox Rolls, 202
Mashed Potato Rolls, 203
Oatmeal Rolls, 203

SALADS, CORN BREAD
Confetti Corn Bread Salad, 96
Corn Bread Salad, 96
Mexican Corn Bread Salad, 12

SALADS, FRUIT
Apricot Salad, 86
Buttermilk Fruit Salad, 86
Cranberry Fruit Salad, 87
Cranberry Salad, 11
Creamy Dreamy Salad, 89
Festive Christmas Cranberry Salad, 88
Frozen Fruit Salad, 90
Glazed Fruit Salad, 89
Layered Strawberry Gelatin Salad, 92
Lime Pineapple Salad, 91
Lime Refresher Salad, 91
Molded Cranberry Salad, 88
Mountain Dew Salad, 92
Seven-Fruit Salad, 90
Sunshine Salad, 12
Surprise Buttermilk Salad, 87

SALADS, MAIN DISH
Artichoke Chicken Salad, 93
Chicken Cranberry Salad, 93
Crab and Pecan Salad, 94
Marinated Crab Salad, 94
Mexican Salad, 95
Pimento Salad, 100
Shrimp and Pasta Salad, 95

SALADS, PASTA
Creamy Garden Pasta Salad, 14
String Salad, 97
Vermicelli Salad, 97

SALADS, VEGETABLE
Broccoli and Cauliflower Salad, 99
Broccoli Salad, 98
Cauliflower and Cottage Cheese Salad, 99
Country-Style Coleslaw, 11
Different Potato Salad, 101
Grandmother's Potato Salad, 101
Korean Salad, 13
Layered Potato Salad, 102
Marinated Peas and Carrots, 100
Rice Salad, 98
Rich and Charlie's Salad, 13
Tomato and Hearts of Palm Salad, 102

SAUCES
Barbecue Sauce, 183
Cyn-Ful Barbecue Sauce, 184
Italian Marinara Sauce, 185
Marinara Sauce, 185
Picante Sauce, 55, 186
Rod Flores' Hot and Spice Salsa, 186
Zesty Barbecue Sauce, 184

SAUSAGE
Breakfast Pizza, 124
Cheesy Sausage Quiche, 128
Egg Casserole, 125
Hot Sausage Dip, 56
Jambalaya, 142
Leftover Meat and Taters, 122
Sausage and Ground Beef Dip, 56
Sausage Chowder, 82, 83
Sausage Polenta, 21
Sausage Strata, 127

SHELLFISH. *See also* Shrimp
Crab Dip, 53
Deviled Crab, 155
Glenis' Hot Crab Sandwiches, 156

SHRIMP
Creamy Shrimp Dip, 57
New Orleans Barbecued Shrimp, 156
Seafood English Muffins, 63
Shrimp and Bacon Scampi, 158
Shrimp and Rice Casserole, 157
Shrimp Coquille, 157
Shrimp Creole, 24
Shrimp Dip, 57
Shrimp Fried Rice, 158
Shrimp Gumbos, 83, 84
Shrimp Victoria, 25

SIDE DISHES. *See also* Hominy; Rice; Side Dishes, Fruit
Cheese Grits, 176
Chowchow, 29
Grits Casserole, 175
My Mother's Corn Bread Dressing, 174

Pecan Dressing, 174
Summer Dressing, 175

SIDE DISHES, FRUIT
Curried Fruit Bake, 180
Hot Fruit Salad, 180
Pineapple Casserole, 181
Spiced Peaches, 182

SNACKS
Cajun Pecans, 245
Cheese Crackers, 66
Great Spiced Pecans, 67
Scramble, 67
Spicy Pecans, 9
Sugared Peanuts, 66
Sugared Rum Pecans, 246
Texas Trash, 68
Trash, 68

SOUPS
Bill Martin's Shrimp Gumbo, 83
Broccoli Soup, 78
Cheese and Vegetable Soup, 78
Cheesy Potato Soup, 81
Chilled Sweet Pepper Soup, 80
Homemade Beef and Vegetable Soup, 79
Microwave Roux for Gumbo, 10
Okra Gumbo, 10
Pasta Fagioli, 80
Potato Soup, 81
Sausage and Bean Chowder, 83
Sausage Chowder, 82
Shrimp Gumbo, 84
Special Potato Soup, 82
Taco Soup, 84
Very Good Chicken Soup, 79

TUNA
Baked Broccoli and Tuna, 154
Overnight Tuna Casserole, 155
Tuna Italian, 154

VEGETABLES. See also Bean Dishes; Broccoli; Corn; Soups
Asparagus Parmesan, 160
Baked Squash, 171
Banana Pepper Pie, 169
Butternut Squash Casserole, 28
Country Club Squash, 171
Crock•Pot Broccoli and Rice, 164
Eggplant Parmigiana, 168
French Epicurean Peas, 28
Harvard Beets, 162
Hashed Brown Potato Casserole, 170
Marinated Vegetables, 172
Mother's Breaded Tomatoes, 170
Nutty Sweet Potato Casserole, 172
Okra Patties, 169
Rosie's Three-C Casserole, 164
Sesame and Soy Stir-Fry Vegetables, 173
Spicy Beets, 163
Swiss Vegetable Medley, 173

22